

JCMS XC Training Schedule

Week of: June 11

*For a runner.... the hardest step is the first step out the front door.... mind over matter!!!!
Be a better you... Be a Warrior! Go Run!!!!!!*

	6/11 MONDAY	6/12 TUESDAY	6/13 WEDNESDAY	6/14 THURSDAY	6/15 FRIDAY	6/16 SATURDAY	6/17 SUNDAY
Week of June 11	Short Aerobic Run (easy) 3-5 miles PLUS 4 x 100 m strides ***see note below on Strides***	20 min warm up (jog/aerobic) 8 x 30 seconds @ 2 mile XC goal race pace. 1 min between. 20 min cool down	Optional OFF day OR Short Aerobic Run (easy) 3-5 miles	20 min easy jog + 8-12 x 20 second uphill sprints 20 min cool down jog	Short Aerobic Run (easy) 3-4 miles	Long Run (easy) 5-7 miles	OFF DAY

Week of: June 18

*Make sure your worst enemy doesn't live between your own two ears..... Go Run... Push yourself...
Be somebody that nobody thought you could be!*

	6/18 MONDAY	6/19 TUESDAY	6/20 WEDNESDAY	6/21 THURSDAY	6/22 FRIDAY	6/23 SATURDAY	6/24 SUNDAY
Week of June 11	Short Aerobic Run (easy) 3-5 miles PLUS 4 x 100 m strides	Progression Run: 4-5 miles Start easy for first 1/2. Slowly increase speed, Hardest you can last 1 mile	Optional OFF day OR Short Aerobic Run (easy) 3-5 miles	Continuous Hilly Run 3-5 miles	Short Aerobic Run (easy), 2-3 miles plus 6 x 100 m strides	Long Run (easy) 5-7 miles	OFF DAY

Week of: **June 25** *Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running*

	6/25 MONDAY	6/26 TUESDAY	6/27 WEDNESDAY	6/28 THURSDAY	6/29 FRIDAY	6/30 SATURDAY	7/1 SUNDAY
Week of June 11	Short Aerobic Run (easy) 3-5 miles PLUS 6 x 100 m strides	Grass Running: 20 min easy jog 10 x 30 seconds @ 2 mile Goal Race Speed 90 second recovery jog between 30 sec sprints 15 min cool down jog	Optional OFF day OR Short Aerobic Run (easy) 3-5 miles	Progression Run: 4-5 miles Start easy for first 1/2. Slowly increase speed, Hardest you can last 1 mile	20 min run 12 x 15 second uphill sprints, 20 min run (easy)	Long Run 5-7 miles	OFF DAY

Week of: **July 2** *Feel like stopping? Call on your spirit.... Which fortunately functions independently of logic..*

	7/2 MONDAY	7/3 TUESDAY	7/4 WEDNESDAY	7/5 THURSDAY	7/6 FRIDAY	7/7 SATURDAY	7/8 SUNDAY
Week of June 11	Short Aerobic Run (easy) 3-5 miles PLUS 7 x 100 m strides	Aerobic Run (easy) 5-6 miles	Optional OFF day OR Short Aerobic Run (easy) 3-5 miles	20 min run 12 x 15 second uphill sprints, 20 min run (easy)	Short Run (easy) 2 miles 10 x 100m strides	Long Run 6-8 miles	OFF DAY

Week of: **July 9** *Don't dream of winning....train for it!*

	7/9 MONDAY	7/10 TUESDAY	7/11 WEDNESDAY	7/12 THURSDAY	7/13 FRIDAY	7/14 SATURDAY	7/15 SUNDAY
Week of June 11	Short Aerobic Run (easy) 3-5 miles PLUS 8 x 100 m strides	Progression Run: 4-5 miles Start easy for first 1/2. Slowly increase speed, Hardest you can last 1 mile	Optional OFF day OR Short Aerobic Run (easy) 3-5 miles	Grass Running: 20 min easy jog 10 x 30 seconds @ 2 mile Goal Race Speed 90 second recovery jog between 30 sec sprints 15 min cool down jog	20 min jog(Easy), 15 x 15 second uphill sprints, 20 min cool down jog	Short Aerobic Run(easy) Plus 8 x 100m strides	OFF DAY

Week of: July 16

XC Season/Tryouts Begin this week.... look for information on days and times via Remind. Keep Running!!!!!!

7/16
MONDAY

7/17
TUESDAY

7/18
WEDNESDAY

7/19
THURSDAY

7/20
FRIDAY

7/21
SATURDAY

7/22
SUNDAY

Week of
June 11

NOTES:

What are Strides?

Start @ jog, build to 95% of max speed, gradually slow to a stop. (20-30 seconds for a 100 meter stride)
45-90 second rest in between... either walking/still. (Do not shorten this rest, it will not be beneficial)

Stay relaxed during a stride.... no straining....

Strides help increase your range of motion, helps to work on turnover, and can subtly improve your form.