

SUMMER CROSS COUNTRY

This is a basic plan to follow for students planning to join the Canterbury cross country team in the fall. More experienced runners should communicate with me about doing higher mileage.

GROUP RUNS

Group runs are **not** official team practices and they are **not** mandatory, yet they are important for team-building. These are coordinated by the team members. Cooperation and communication between team members are essential, and team leaders will be expected to organize group runs periodically through the summer if possible.

MILEAGE/TRAINING

This is the training guideline for the summer. Mileage will differ by person/circumstances. Consistency and gradual buildup of mileage is important to acclimate your body and prevent injury.

	Group A (miles/wk)	Group B (miles/wk)	Group C (miles/wk)	Group D
Week 1	22-30	22-28	20	120 min/wk
Week 2	30-34	22-28	20	130 min/wk
Week 3	30-36	22-28	20	140 min/wk
Week 4	38-42	30-36	25	140 min/wk
Week 5	42-46	30-36	25	160 min/wk
Week 6	46-50	30-36	25	160 min/wk
Week 7	50-52	30-36	30	200 min/wk
Week 8	54-56	30-36	30	200 min/wk
Week 9	58-60	32-38	30	220 min/wk
Week 10* (end of week-start)	58-62	32-38	32	30/min day until start

Group A: Those of you with varsity-level XC or track distance experience.

Group B: Those with at least JV-level experience in XC or track.

Group C: Those with just some running experience.

Group D: Brand new runners (expressed as minutes logged per week – running should be done 5 or 6 days per week).

Weeks 1-3: Getting acclimated. Mileage stays low for experienced runners, so 2 days of lifting should be incorporated, or body-weight strength-building. Cross-training, especially biking or swimming, should be included. Other sports activities are recommended, but simply stay active. The main purpose of the early weeks is to prepare your body for increased running and lowering the likelihood of injury. Becoming consistent is often challenging but it is essential: the early weeks can start good habits.

Weeks 4-6: Experienced runners should be getting “antsy” at this point! It’s time to begin mileage building. New runners should also be willing take on more miles. The focus should be on running and a pull-back of much of the other stuff, but 2 weight sessions are okay per week. Run on 6 of the days each week. During the last week of this phase, do a 2-mile time trial in trainers or racing flats on the track to see where you’re at. He

Weeks 7-10: These weeks involve increasing mileage to a level that will need to be sustained into October. No turning back now! Runs should include 20- to 40-second hill pushes during runs, but this should be very informal. Push the pace on days when you’re feeling it, just use good judgment. Let me know if you wish to modify your training dramatically for some reason during this time. By the end of this phase and the start of the official practice season, we would love to have 4-5 runners who can comfortably handle 44+ miles/week if we are going to have a competitive postseason team in October/November.

This is a sample mileage schedule for a **Group A** runner (avoid taking 2 days off completely in a row, if possible, on 5-day training weeks):

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.		
Wk 1	CT	4	5	--	6	8	CT	=	26 mi/wk
Wk 2	--	6	7	8	CT	7	8	=	32 mi/wk
Wk 3	--	6	CT	6	8	8	10	=	34 mi/wk
Wk 4	CT	7	6	--	8	9	10	=	40 mi/wk
Wk 5	CT	8	10	8	--	8	10	=	44 mi/wk
Wk 6	--	9	--	8	10	10	11	=	48* mi/wk
Wk 7	--	9	10	8	7	10	12	=	51* mi/wk
Wk 8	--	9	8	8	10	9	12	=	55* mi/wk
Wk 9	--	11	8	11	10	9	11	=	59* mi/wk
Wk 10	CT	12	8	10	2M+*	TBA	TBA	=	60 or so mi/wk

Please note that even some group A-level runners cannot train well at beyond, say, 40-45 miles/wk (physiologically), others can handle this volume level with ease. CT = cross-training; TBA = to be announced.

Your longest run(s) may vary by runner, so they may be much longer, which will affect mileage count. Please use common sense on your long runs! (...and on **all** runs). Running somewhat beyond the suggested distances can be okay for experienced varsity athletes but may require a recovery day of reduced mileage or no running. Do not “run through” injuries or try to play “catch up” for weekly miles if you miss a few days – this can lead to problems later. Please take time off when necessary.

Reminders

Run with a watch to gauge your minutes (if you don’t know how far you’ve gone you can get pretty close if you figure out your training pace). Most runners with some experience train at

between about 7:15 to 8:45 per mile, which varies somewhat depending upon conditions. Other stuff:

- * Be safe and aware on the roads.
- * Training should be incorporated as part of your day on a consistent basis and you should enjoy your runs (some days are better than others!).
- * Stay hydrated.
- * Check your clothing and skin for ticks after running in the woods or in grass fields.
- * Maintain an accurate training log of your mileage/minutes or other details. (Note: I don't need to see your training log – the first week of practice tells us everything we need to know about your readiness).
- * Run on soft surfaces/grass to save wear and tear on the legs, at least some of the time.
- * Take 1 or 2 days off from running each week. Cross-training is advised.
- * There tons of great videos on YouTube about cross country and track & field training approaches. I urge everyone to check out some of those.