June

2025

Potomac GIRLS Cross Country

Summer Training schedule KEY

Veteran Runners in Blue
Veteran Runners with lighter mileage in Turquoise
New Runners in Orange

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 **Long Run – 6 miles** Long Run - 4.5 miles Long Run – 3.5 miles	9 **Easy Run – 3 miles w/ striders** Easy Run – 2 miles w/ striders Day off	10 **Easy Run – 4 miles** Easy Run – 3 miles Easy Run – 3 miles	11 **Day off - all**	12 **Easy Run – 4 miles w/ striders** Easy Run – 3 miles w/ striders Easy Run – 3.5 miles / striders	13 **Day off - all** **GREAT DAY FOR CROSS TRAINING!**	14 **Easy Run – 3 miles (Total– 20)** Easy Run – 3 miles (Total - 15.5) Walk, hike, bike, etc. 30 min (Total – 10)
15 **Long Run – 6 miles** Long Run - 4.5- 4.75 miles Long Run - 3.5 miles	16 **Easy Run – 3 miles w/ striders** Easy Run – 3 miles w/ striders Day off	17 **Easy Run – 4 miles** Easy Run – 3 miles Easy Run – 2.5 miles	18 **Day off - all**	19 **Easy Run – 5 miles w/ striders** Easy Run – 3.5 miles w/ striders Easy Run – 3 miles w/ striders	20 **Day off - all** **GREAT DAY FOR CROSS TRAINING!**	21 **Easy Run – 3.5 miles (Total– 21.5)** Easy Run – 3 miles (Total - 17) 2 miles (Total– 11)
22 **Long Run – 6.5 - 6.75 miles** Long Run - 5 - 5.25 miles Long Run - 4 miles	23 **Easy Run – 3 miles w/ striders** Easy Run – 3 miles w/ striders Day off	24 **Easy Run – 4 miles** Easy Run – 3 miles Easy Run – 3 miles	25 **Day off - all**	26 **Easy Run – 4 miles w/ striders** Easy Run – 4 miles w/ striders Easy Run – 3 miles w/ striders	27 **Easy Run – 3 miles w/ striders** Day off or Cross training Day off	28 **Easy Run – 3 miles (Total– 23.5)** Easy Run – 3 miles (Total - 18.25) Easy Run 3 miles (Total– 13)
29 **Long Run – 6.75 miles** Long Run - 5 - 5.25 miles Long Run - 4 - 4.5 miles	30 **Easy Run – 3 miles w/ striders** Easy Run – 3 miles w/ striders Day off					

July

2025

Potomac GIRLS Cross Country

Summer Training schedule

Veteran Runners in Blue

Veteran Runners with lighter mileage in Turquoise

New Runners in Orange

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 **Easy Run – 6.75 miles** **Long Run - 5 - 5.25 miles** **Easy Run - 4 miles**	30 **Easy Run – 3 miles w/ striders** **Easy Run – 3 miles w/ striders** **Day off**	1 **Easy Run – 4.5 miles** **Easy Run – 3.5 miles** **Easy Run – 3.5 miles**	2 **Day off - all**	3 **Easy Run – 5 miles w/ striders** **Easy Run – 4 miles w/ striders** **Easy Run – 4 miles**	4 **Easy Run – 3 miles** **Easy Run – 2 miles** **Easy Run – 2 miles** **(great day for cross training!)**	5 **Easy Run – 3.5 miles (Total– 25.75)** **Easy Run – 3 miles (Total - 20.5)** **Easy Run – 3 miles (Total– 15)**
6 **Easy Run – 7 miles** **Long Run - 5.5 - 5.75 miles** **Easy Run - 4.5 miles**	7 **Easy Run – 4 miles w/ striders** **Easy Run – 3 miles w/ striders** **Day off**	8 **Easy Run – 5.25 miles** **Easy Run – 4 miles** **Easy Run – 3.5 miles**	9 **Day off - all**	10 **Easy Run – 5 miles w/ striders** **Easy Run – 4 miles w/ striders** **Easy Run – 3.5 miles**	11 **Easy Run – 3.25 miles** **Easy Run – 3 miles** **Easy Run – 3 miles** **(great day for cross training!)**	12 **Easy Run – 4 miles (Total– 28.5)** **Easy Run – 3 miles (Total - 22.5)** **Easy Run – 3 miles (Total– 17.5)**
13 **Easy Run – 7.25 miles** **Long Run - 6 - 6.25 miles** **Easy Run – 5 miles**	14 **Easy – 4.5 miles w/ striders** **Easy – 3.5 miles w/ striders** **Day off**	15 **Easy Run – 5.5 miles** **Easy Run – 4 miles** **Easy Run – 4 miles**	16 **Day off - all**	17 **Easy Run – 4 miles w/ striders** **Easy Run – 4 miles w/ striders** **Easy Run – 4 miles w/ striders**	18 **Easy Run – 5.25 miles** **Easy Run – 3.5 miles** **Easy Run – 3 miles** **(great day for cross training!)**	19 **Easy Run – 4 miles (Total– 30.5)** **Easy Run – 4 miles (Total - 25)** **3.25 miles (Total– 19.25)**
20 **Long Run – 7.5 miles** **Long Run - 6 - 6.5 miles** **Long Run - 5 - 5.5 miles**	21 **Easy – 4.5 miles w/ striders** **Easy – 3.5 miles w/ striders** **Easy Run – 3 miles w/ striders**	22 **2.5 mile TEMPO w/ 1.5 mile warm up and cool down (total 5.5)** **2 mile TEMPO w/ 1.25 mile warm up and cool down (total 4.5)** **1.5 mile TEMPO w/ 1.25 mile warm up and cool down (total - 4)**	23 **Day off - all**	24 **Easy Run – 6 miles w/ striders** **Easy Run – 5.5 miles w/ striders** **Easy Run – 4.5 miles w/ striders**	25 **Easy Run – 4 miles** **Easy Run – 3.5 miles** **Easy Run – 3 miles** **(great day for cross training!)**	26 **Easy Run – 5 miles (Total– 32.5)** **Easy Run – 4 miles (Total - 27.25)** **Easy - 2 miles (Total– 22)**
27	28	29	30	31		

Easy Run – 7.5 - 7.75 miles Long Run - 6.5 - 7 miles Easy Run - 5.5 - 6 miles	Easy Run – 5 miles w/ striders Easy – 3.5 miles w/ striders Easy Run – 3 miles w/ striders (great day for cross training!)	2.5 mile TEMPO +2 mile warm up and cool down (total 6.5) 2 mile TEMPO w/ 1.5 mile warm up and cool down (total 5) 1.5 mile TEMPO + 1.5 mile warm up and cool down (total 4.5)	Day off - all	Easy Run – 6.5 miles Easy Run – 5.5 miles w/ striders Easy Run – 4.5 miles w/ striders	Easy Run – 4.5 miles Easy Run – 3.5 miles Easy Run – 3 miles (great day for cross training!)	Easy Run – 5 miles (Total– 35) Easy Run – 4 miles (Total - 29.5) 3 miles (Total– 23.5)

August

2025

Potomac GIRLS Cross Country

Summer Training schedule

Veteran Runners in Blue
Veteran Runners with lighter mileage in Turquoise
New Runners in Orange

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 **Long Run – 7.5 - 8 miles** **Long Run - 6.5 - 7 miles** **Long Run - 5.5 - 6 miles**	28 **Easy Run – 5 miles w/ striders** **Easy – 3.5 miles w/ striders** **Easy Run – 3 miles w/ striders** **(great day for cross training!)**	29 **2.5 mile TEMPO +2 mile warm up and cool down (total 6.5)** **2 mile TEMPO w/ 1.5 mile warm up and cool down (total 5)** **1.5 mile TEMPO + 1.5 mile warm up and cool down (total 4.5)**	30 Day off - all	31 **Easy Run – 6.5 miles** **Easy Run – 5.5 miles w/ striders** **Easy Run – 4.5 miles w/ striders**	1 **Easy Run – 4.5 miles** **Easy Run – 3.5 miles** **Easy Run – 3 miles** **(great day for cross training!)**	2 **Easy Run – 5 miles (Total– 35)** **Easy Run – 4 miles (Total - 29.5)** **3 miles (Total– 23.5)**
3 **Long Run – 8 - 8.25 miles** **Long Run - 7 - 7.25 miles** **Long Run - 6 - 6.5 miles**	4 **Easy Run – 5 miles w/ striders** **Easy – 4 miles w/ striders** **Easy Run – 4 miles w/ striders** **(great day for cross training!)**	5 ***about a 7 mile* run - warm up for 2 miles then complete 3 by 6 minute efforts (slightly slower than 5K race pace) with 1 minute jog between. 1-2 mile cool down** ***about a 6 mile* run - warm up for 1.5 miles then complete 3 by 5 minute efforts (slightly slower than 5K race pace) with 1 minute jog between. 1.5 mile cool down** ***about 5 mile run* -** **1.5 mile warm up and cool down then complete 2 by 8 minute efforts (slightly slower than 5K race pace) w/**	6 Day off - all	7 **Easy Run –7 miles** **Easy Run – 6 miles w/ striders** **Easy Run – 5 miles**	8 **Easy Run – 5 miles w/ striders** **Easy Run – 4 miles** **Easy Run – 3 miles w/ striders** **(great day for cross training!)**	9 **Easy Run – 6 miles (Total– 38-38.5)** **Easy Run – 5 miles (Total - 32)** **2-3 miles (Total– 25.5-26.5)**

		1 minute jog between. 1 - 1.5 mile cool down				
10 **Long Run – 8-8.5 miles** Long Run - 7 - 7.5 miles Long Run - 6.5 miles	11 **Easy Run – 5.5 miles w/ striders** Easy – 4.5 miles w/ striders Easy Run – 4 miles w/ striders **(great day for cross training!)**	12 **2.5 mile TEMPO + 2 mile warm up and cool down (total 6.5)** 2.5 mile TEMPO + 2 mile warm up and cool down (total 6.5) 1.5 mile TEMPO + 1.5 mile warm up and cool down (total 4.5)	13 Day off - all	14 **Easy Run – 7 miles** Easy Run – 6 miles w/ striders Easy Run – 5 miles	15 **Easy Run – 5.5 miles w/ striders** Easy Run – 4 miles Easy Run – 4 miles	16 **Easy Run – 6 miles (Total– 38.5-39)** Easy Run – 5 miles (Total - 34) 2-3 miles (Total– 26-27)
17 **Long Run – 8-8.5 miles** Long Run - 7 - 7.5 miles Long Run - 6.5 miles	18 **FIRST DAY OF PRESEASON!** **Easy Run – 6 miles w/ striders** Easy – 4.5 miles w/ striders Easy Run – 4 miles w/ striders	19 **Time Trial TRADITION!! (ALL GROUPS)** • **1-2 mile easy warm up + stretch** • **2 mile time trial** • **Easy 1-3 mile cool down (veterans can add on mileage to their cool down)** **(total - 4 - 6)**	20 **Easy Run – 5 miles** Easy Run – 4 or 5 miles Easy Run – 3 miles	21 **Easy Run – 8 miles + hill accelerations** Easy Run – 7 miles + hill accelerations Easy Run - 5-6 miles + hill accelerations	22 Day off - all (or you can flip today w/ Saturday and have Saturday off)	23 **Easy Run – 6.5 miles (Total ~40)** Easy Run – 5.5 miles (Total - 35) Easy Run – 4 miles (Total – 26.5)
24 **Long Run – 8 miles** Long Run - 7 - 7.5 miles Long Run - 6.5 miles	25 Practice at 3:30pm **Easy Run – 5 miles w/ striders** Easy – 4 miles w/ striders Easy Run – 4 miles	26 Practice at 3:30pm WORKOUT!	27 Practice at 3:30pm Recovery: Girls - 3-6 miles + core	28 Practice at 3:30pm Easy Run: 3-4 miles w/ strides	29 **RACE DAY! Trials of Miles!**	30 2-3 mile shakeout for all or cross train