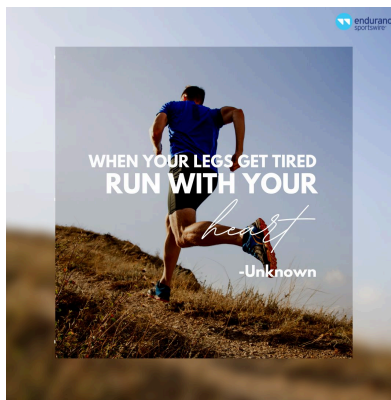


HAMPDEN ACADEMY CROSS COUNTRY SUMMER TRAINING RULES

1. Training runs should be done at a comfortable pace. (you should be able to carry on a conversation if you are running with someone else)
2. Remember we are building a base to work from this fall.
TOO MUCH SPEED TOO EARLY DOES MORE HARM THAN GOOD.
3. If you cannot finish a week of training (sick, hurt, traveling) do not go on to the next week, repeat the week you missed before going on.
4. Try to run a road race once every two weeks. This will give you a training run done at a faster pace.
5. Vary the terrain and routes that you run over. There is nothing that gets you sick of running faster than always running the same route.
6. Call other members of the team and get together for training runs at least twice a week if possible.
7. If after completing a week of training your legs are sore or you feel tired all the time, repeat that week again before progressing to the next training week.



Challenge: Let's try and run every road in RSU#22! Every week send me an update of which roads that you ran on, and maybe by the start of preseason we can see how much of it we covered.

ALWAYS FOLLOW THE RULES OF THE ROAD

Summer Training 2026

“You can’t get back July and August in October and November!” ~Mr. Balentine

Head Coach: Danielle Johnson (djohnson@rsu22.us) (c)207-266-8526 (home) 862-4024

Assistant Coach: Kaylee Harnish & Jason Mathies

Summer Fun Run Meetups

Monday (6-7 pm) “Putting some base miles in”	Tuesday (6-7 pm) “I live to run, I love to have fun.”	Thursday (8-10 am) “Where in the world will we run today....”
June 15, 2026 6:00-7:00 pm Meet @ HA track	June 16, 2026 6:00-7:00 pm Meet @ HA track	June 18, 2026 8:00 - 9:30 am *Meet @ HA if you need a ride (8) 8:15 Brewer RiverWalk parking (closer to Mason’s)
June 22, 2026 6:00 - 7:00 pm Meet @ HA track	June 23, 2026 6:00-7:00 pm Meet @ HA track	June 25, 2026 8:00 - 9:30 am *Meet @ HA if you need a ride (8) 8:30 Bangor City Forest (Bog walk parking lot)
June 29, 2026 6:00-7:00 pm Meet @ HA track Run to Fielder’s Choice!	June 30, 2026 6:00-7:00 pm Meet @ HA track	July 2, 2026 8:00 - 9:30 am *Meet @ HA if you need a ride (8) 8:30 UMO (by planetarium)
July 6, 2026 6:00-7:00 pm Meet @ HA track Popsicles and pickleball	July 7, 2026 6:00-7:00 pm Meet @ HA track	July 9, 2026 8:00 - 9:30 am *Meet @ HA if you need a ride (8) 8:30 Bangor City Forest (Bog walk parking lot)
July 13, 2026 6:00-7:00 pm Meet @ HA track Run to Fielder’s Choice!	July 14, 2026 6:00-7:00 pm Meet @ HA track	July 16, 2026 8:00 - 9:30 am *Meet @ HA if you need a ride (8) 8:30 Stillwater Trails Orono Bring a towel

July 20, 2026 6:00 - 7:00 pm Meet @ HA track <i>*I am away today!</i>	July 21, 2026 6:00-7:00 pm Meet @ HA track <i>*I am away today!</i>	July 23, 2026 8:00 -9:30 am Meet @ HA track <i>*I am away today!</i>
July 27, 2026 6:00 - 7:00 pm Meet @ HA track Run to Sawyers' Shaved Ice	July 28, 20234 6:00-7:00 pm Meet @ HA track	July 30, 2026 8:00 -9:30 am Meet @ HA track Run to Bagel Central (route 1)
Aug 3, 2026 6:00 - 7:00 pm Meet @ HA track <i>*Starting in August starts the hands off period between athletes and coaches. The fun run will continue led by senior members but coaches are not allowed to be a part of the conditioning.</i>	Aug 4, 2026 6:00-7:00 pm Meet @ HA track	Aug 6, 2026 8:00 -9:00 am Meet @ HA track
Aug 10, 2026 6:00 - 7:00 pm Meet @ HA track	Aug 11, 2026 6:00-7:00 pm Meet @ HA track	Aug 12, 2026 8:00 -9:00 am Meet @ HA track

Important Dates:

June 15- Recommended day to start summer training

Official Captain Led Fun Runs

Every week until fall sports begin

No coaches will be present the first two weeks of August due to hands off period

Monday: 6 pm (meet at the track)

Tuesday: 6 pm (meet at the track)

Thursday: 8:30 am (Destination Day...see schedule)

Format for Fun Runs: Dynamic warmup, run (distance based on ability and weather),
stretching and bodyweight/ab exercises (~1 hour)

August 17th - First official day of Fall Sports Begins (8:00 am meet in HA cafeteria)

RULES OF THE ROAD

1. BE AWARE OF YOUR SURROUNDINGS AND RUN DEFENSIVELY.
2. WATCH FOR DISTRACTED DRIVERS, NEVER ASSUME THAT THEY SEE YOU.
3. DO NOT WEAR HEADPHONES.
4. RUN ON THE SIDEWALK (WHEN POSSIBLE).
5. IF THERE IS NO SIDEWALK RUN ON THE LEFT SIDE OF THE ROAD (FACING TRAFFIC).
6. RUN SINGLE FILE AND AS FAR TO THE LEFT AS POSSIBLE.
7. RUN BEHIND CARS THAT ARE PULLING OUT OF A PARKING LOT OR DRIVEWAY.
8. STAY ALERT.

Let's remain injury free for the season.

1. To prevent injuries - each day or every other day do a [hip mobility stretching routine](#).
2. Post run [good stretching routine](#)
3. 2-3 x a week do 20-30 minutes of yoga/pilates
 - a. [Yoga](#)
 - b. [Pilates](#)

Hampden Academy Cross Country

For Students Who Have Never Run Before Training Schedule

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	6 minutes	6 minutes	Off	8 minutes	8 minutes	Off	10 minutes
2	10 minutes	Off	12 minutes	12 minutes	Off	14 minutes	14 minutes
3	Off	15 minutes	15 minutes	21 minutes	18 minutes	18 minutes	Off
4	21 minutes	21 minutes	Off	24 minutes	24 minutes	Off	21 minutes
5	14 minutes	Off	21 minutes	21 minutes	Off	28 minutes	28 minutes
6	28 minutes	28 minutes	Off	35 minutes	35 minutes	Off	28 minutes
7	18 minutes	Off	27 minutes	27 minutes	27 minutes	Off	18 minutes
8	36 minutes	36 minutes	Off	27 minutes	36 minutes	27 minutes	Off

Training Schedule Instructions

All workouts sessions should be preceded with 10 minutes of dynamic warm up & ended with 10-15 minutes of stretching, bodyweight exercises, and abs.

This workout schedule involves alternating (at a comfortable pace) with walking. Times given in the chart are the total times (including both walking and running)

Weeks 1 & 2: Alternate running one minute followed by walking one minute

Weeks 3 & 4: Alternate running two minutes followed by walking one minute

Weeks 5 & 6: Alternate running five minutes followed by walking two minutes

Weeks 7 & 8: Alternate running seven minutes followed by walking two minutes

Hampden Academy Cross Country First and Second Year Runners Training Schedule

Week # (total Mileage)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (6-10)	15 minutes	15 minutes	Off	20 minutes	15 minutes	Off	25 minutes
2 (11-12)	20 minutes	Off	30 minutes	25 minutes	Off	2-3 miles	2 miles
3 (15)	Off	3 miles	3-4 miles	Off	3 miles	2 miles	4 miles
4 (15)	Off	3 miles	3 miles	4 miles	Off	2 miles	3 miles
5 (17)	4 miles	Off	3 miles	2 miles	5 miles	Off	3 miles
6 (17)	4 miles	3 miles	Off	2 miles	5 miles	3 miles	Off
7 (19)	4 miles	3 miles	4 miles	Off	3 miles	5 miles	Off
8 (21)	3 miles	6 miles	4 miles	Off	4 miles	4 miles	Off

Training Schedule Instructions

All workouts sessions should be preceded with 10 minutes of dynamic warm up & ended with 10-15 minutes of stretching, bodyweight exercises, and abs.

The pace should be conversational miles except for runs indicated.

Hampden Academy Cross Country Veterans Training Schedule

Week # (total Mileage)	Monday Recovery	Tuesday Workout Day	Wednesday Rest/Cross Train	Thursday Recovery	Friday Workout Day	Saturday Recovery	Sunday LSD
1 (18)	2 miles	3 miles	Off	3 miles	3 miles	3 miles	4 miles
2 (20)	2 miles	4 miles	Off	3 miles	4 miles	3 miles	4 miles
3 (22)	3 miles	4 miles	Off	3 miles	4 miles	3 miles	5 miles
4 (22)	3 miles	4 miles	Off	3 miles	3 miles	4 miles	5 miles
5 (24)	4 miles	3 miles (with pickups)	Off	3 miles	Tempo Run (run total 30 mins)	4 miles	6 miles
6 (26)	4 miles	Hills 3 repeats	Off	3 miles	4 miles (with pickups)	5 miles	6 miles
7 (29)	5 miles	4 miles (with pickups)	Off	4 miles	Tempo Run (run total 40 mins)	5 miles	7 miles
8 (31)	5 miles	Hills 4 repeats	Off	4 miles	5 miles (with pickups)	5 miles	8 miles

Training Schedule Instructions

All workouts sessions should be preceded with 10 minutes of dynamic warm up & ended with 10-15 minutes of stretching, bodyweight exercises, and abs.

The pace should be conversational miles except for runs indicated.

Pickups: 4-6 pickups of 30-40 seconds duration during your run

Hills: After a good warmup (1 mile) jog to a hill that has a moderate grade. Run the hill at your 5K race pace and walk/jog back down to recover. The hill should be long enough so that it takes about a minute to run it and then cool down (1 mile).

Hampden Academy Cross Country Advanced Veterans Training Schedule

Week # (total Mileage)	Monday	Tuesday Hills	Wednesday	Thursday	Friday Workout	Saturday	Sunday LSD
1 (24)	3 miles	3 miles	Off	3 miles	5 miles (with pickups)	4 miles Or Cross Train 40-60 mins	6 miles
2 (26)	4 miles	3 miles	Off	4 miles	5 miles (with pickups)	4 miles Or Cross Train 40-60 mins	6 miles
3 (30)	4 miles	3 miles	Off	5 miles	6 miles (with pickups)	4 miles Or Cross Train 40-60 mins	8 miles
4 (32)	5 miles	4 miles	Off	4 miles	6 miles (with pickups)	5 miles Or Cross Train 40-60 mins	8 miles
5 (35)	5 miles	Hills 3 repeats	Off	5 miles	7 miles (with pickups)	5 miles Or Cross Train 40-60 mins	9 miles
6 (37)	6 miles	Hills 4 repeats	Off	4 miles	7 miles (with pickups)	6 miles Or Cross Train 40-60 mins	9 miles
7 (40)	6 miles	Hills 5 repeats	Off	5 miles	Tempo Run (run total 40 mins)	6 miles Or Cross Train 40-60 mins	10 miles
8 (43-45)	7 miles	Hills 6 repeats	Off	6 miles	Tempo Run (run total 45 mins)	6 miles Or Cross Train 40-60 mins	11-13 miles

Training Schedule Instructions

All workouts sessions should be preceded with 10 minutes of dynamic warm up & ended with 10-15 minutes of stretching, bodyweight exercises, and abs.

The pace should be conversational miles except for runs indicated.

Pickups: 4-6 pickups of 30-40 seconds duration during your run

Hills: After a good warmup (1-2 miles) jog to a hill that has a moderate grade. Run the hill at your 5K race pace and walk/jog back down to recover. The hill should be long enough so that it takes about a minute to run it and then cool down (1-2 miles).

Tempo Run: Jog the first 2 miles to make sure you are totally warmed up then increase your pace to 30 seconds slower than your current 5K pace, maintain the pace for three miles then slow down and run the last mile easy. (Road Races can replace these)

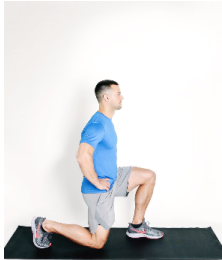
Body Weight exercises (to be done after a run 2-3 times a week) - Option #1 (beginner)

Plank (30-45 seconds)		Scorpion (3-5 reps)	
Russian Twist (10-12 reps)		Leg Lifts (30-60 seconds)	
Back Extension (10-12 reps)		Squat (10 - 15 reps)	

Body Weight exercises (to be done after a run 2-3 times a week) - Option #2 (Intermediate)

Plank (45-60 seconds)		Scorpion (3-5 reps)	
Russian Twist (10-12 reps)		Leg Lifts (30-60 seconds)	
Back Extension (10-12 reps)		Pushups (15 - 20 reps)	
Overhead Forward Lunge (6-8 reps per leg)		Squat (10 - 15 reps)	

Body Weight Exercises (to be done after a run 2-3 times a week) - Option #3 (Advanced)

Squat to Overhead Press (10-12 reps)		Walking lunge (10 - 15 reps per leg)	
Single leg balance (30 seconds per leg)		Backwards lunge (10 - 15 reps per leg)	
Shoulder Bridge (10 - 15 reps)		Pushups (15 - 20 reps)	
Single Leg Calf Raises (10 - 15 reps per leg)		Heel Drop (10 - 15 reps per leg)	

Tricep Dips (10 - 15 reps)		Superman (10 - 15 reps)	
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Ab Workout (to be done after each run) - Option #1

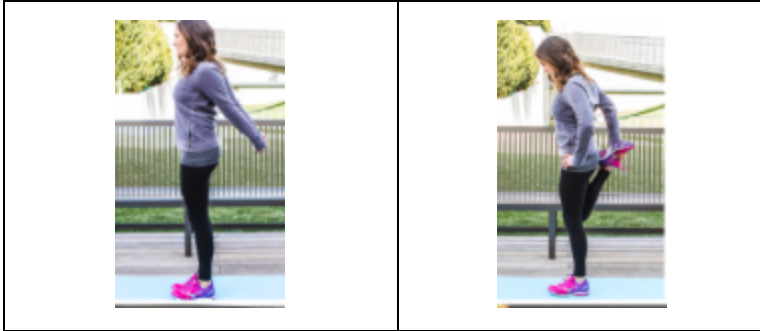
Plank (30-60 seconds)		6 inch hold (30-60 seconds)	
Russian Twist (30-60 seconds)		Leg Lifts (30-60 seconds)	
Bicycle (30-60 seconds)		Windshield Wiper (30-60 seconds)	
Bird Dog (10 - 15 reps per leg)		Swimmers (30-60 seconds)	

Ab Workout (to be done after each run) - [Option #2](#)

Crunch 2 leg in outs 4 twists (30-60 seconds)		Criss cross down Bring back up (30-60 seconds)	
Arms side to side (30-60 seconds)		Single leg drops (30-60 seconds)	
In & Extend (30-60 seconds)		Bicycle with a pause (30-60 seconds)	
Plank (elbow, elbow) (30-60 seconds)		Crunch (stay up) (30-60 seconds)	

Static Stretches to do after every Run
(Hold each stretch for 15- 30 seconds)





DYNAMIC WARM-UPS

WHITE

1. Jog (1 lap)
2. Close Gate
3. Open Gate
4. Heel Walking
5. Toe Walking
6. Walking Quads
7. Reach down/one leg up
8. Forward Lunge (hands NOT on legs)
9. Backwards Lunge (hands NOT on legs)
10. High Knees
11. Butt Kicks
12. Lateral Shuffle
(both directions)
13. Leg swing
(front and side)

PURPLE

1. Jog (1 lap)
2. Close Gate
3. Open Gate
4. Heel Walking
5. Toe Walking
6. Walking Quads
7. Adductor stretch (both)
8. 'A' Skip
9. 'B' Skip
10. Karaoke
(both directions)
11. Leg Swing
(front and side)