

## Livermore High Cross Country- 2026 Summer Activities

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1. The running schedule below is to give you something to work with before the Livermore Running Club begins on June 15<sup>h</sup>. It also gives you an idea of what you should be doing during the summer, should you not be able to run with the LRC. You can also use the schedule below to guide you on what to do when the LRC doesn't get together for workouts. The running club will meet 3-6 times per week.
2. Always start the running schedule at the beginning, even if you start running after the 1<sup>st</sup> week. That is, don't jump to the 2nd or 3rd week's set of runs even if you start 2-3 weeks late.
3. You should, in addition to running, do some form of cross training a few times per week. This could be weightlifting, biking, swimming, dynamic stretching, or whatever. Even walking your dog can be 'whatever'.

### Guideline for summer running:

#### (Girls' running times)

- 1<sup>st</sup> week:** Run 3 days, 30-45 min (**25-40 min**) each time. Run at a relaxed pace.  
*Note: longer times of runs are for more experienced and/or varsity runners.*
- 2<sup>nd</sup> week:** Run 4 days, same as above. **LRC starts June 16<sup>th</sup>.**
- 3<sup>rd</sup> week:** Run 4 days, 40-50 min (**35-45 min**) each time.
- 4<sup>th</sup> week:** Run 5 days, 45-55 min (**40-50 min**) each time. Make one run 'up-tempo/lactate', that is, at a pace that does not allow for much talking. Start running up in the hills (like up in the Kilo Loop area, or at Brushy).
- 5<sup>th</sup> week:** Run 5 days, same as above.
- 6<sup>th</sup> week:** Run 5 times, three runs done for 50-65 min (**45-50**) each, one run for 65-75 min (**50-65**). Two runs this week should be 'up tempo/lactate' and/or involve hills.
- 7<sup>th</sup> week:** Run 6 times, as per previous week.
- 8<sup>th</sup> week:** Run 6 times, as per previous week.
- Aug 10th:** This is the first official day of LHS cross country season. Practice times for this week will be announced the week before.