



2026

Roslyn Girls' Cross Country XC Summer Training Program

Welcome to the 2026 Summer Cross Country Training Program! During the summer months we hope that you will take every opportunity to start your base training. This training program will provide you with foundation for a successful and rewarding cross country season. Every run, workout, and recovery day contributes to building the endurance, strength, speed, and mental toughness needed to compete at your highest level in the fall.

The structure will be a good introduction to the way in which the season will progress for the team. The training schedule has been designed to help you progress safely and consistently throughout the summer. Whether you are an experienced varsity runner or joining the team for the first time, your goal should be to remain committed, train with purpose and trust the process.

There are three very important points for the summer:

1. Keep a running log of all the workouts you do, (with comments about how it felt).
2. Whenever possible, avoid running on paved or concrete surfaces (grass and dirt are easier on your legs).
3. Get a wrist-watch with a stopwatch or use a running app to log your mileage (ex. strava)



RUNNING WORKOUT DESCRIPTIONS

Easy Run: Recovery pace, not slow; talking jog pace

Easy/Moderate: Relaxed, picking it up to a little faster than easy pace

Moderate Run: The pace you go when you are on a “regular run;” It’s not hard.

Long Runs: Runs are done at a relaxed pace, no faster than moderate effort.

Tempo Runs: Runs that are 30 seconds per mile slower than your current 3 mile pace. These runs are to be done on a flat course and the same pace be maintained throughout. They are to be done “comfortably hard”. Tempo workouts are the most important tool for improving your fitness and endurance. Also known as “Anaerobic Threshold Pace,” this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer.

Fartlek: Swedish for “speed play,” these workouts are for building your ability to vary pace when you need to. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing. These workouts consists of timed bursts of near race pace with about equal amounts of easy recovery running in between.

Hills: These workouts build strength that you will need throughout the course. Hill work is done at close to race pace and is fairly short, concentrated effort. They improve your agility (ability to change directions quickly), toughness and overall strength.

Repeat/Race Pace: These are run at the pace you have most recently run a 3-mile or 1-mile race or the pace you plan to run in the next one.

XT(Cross training): Done on rest days. Includes swimming, water running, strength training upper body, core stability exercises, hiking, rollerblading, yoga, rock climbing, or any sport that adds some zest to your workout week.

Cadence or Turnover Drills: This is an easy drill that improves the efficiency of running, reducing effort. This pulls all the elements of good running form together at the same time. Helps to increases the number of steps per minute (which means you run faster, easier).

How to do the cadence drill (CD)

1. Warm up by walking for 5 minutes, and running and walking very gently for 10 minutes.
2. Start jogging slowly for 1-2 minutes, and then time yourself for 30 seconds. During this half minute, count the number of times your left or right foot touches (each runner chooses one).
3. Walk around for a minute or so.
4. ON the 2nd thirty second drill, increase the count by 1 or 2.



Hill Training

Up Hill Running

1. Go up a hill smooth and steady. Don't charge up it.
2. Only lean into the hill slightly. Don't hunch over.
3. Crest the top of the hill and pick up the pace.

Down Hill Running

1. Go down a hill quick, but in control. Do not run on your heels.
2. Keep your chest upright. Don't lean too far forward.
3. At the bottom of the hill, stay on your toes and use that forward momentum as long as you can.

Before Running: Dynamic Mobility

Perform each exercise for about 20–30 seconds or 10–15 reps.

1. Leg Swings
 - o Front-to-back (each leg)
 - o Side-to-side (each leg)
2. Walking Lunges
 - o 10 per leg
 - o Keep chest tall and hips forward
3. Walking Knee Hugs
 - o 10 per leg
4. Walking Quad Pulls
 - o 10 per leg
5. High Knees
 - 2 x 20 yards
6. Butt Kicks
 - 2 x 20 yards
7. A-Skips
 - 2 x 20 yards
8. Carioca (Grapevine)
 - 2 x 20 yards each direction
9. Ankle Circles
 - 10 each direction per ankle
10. Hip Openers ("Open the Gate")
 - 10 each leg

Post-Run Static stretching (10–15 minutes)

Hold each stretch for 20–30 seconds and repeat 2 times.

Standing Calf Stretch

Target:

- Gastrocnemius
- Achilles tendon

Soleus Stretch

- Slightly bend back knee
- Keep heel on ground

Hamstring Stretch

- Seated or standing

Quad Stretch

- Pull heel toward glute
- Knees together

Figure-4 Glute Stretch

- Excellent for runners with tight hips

Hip Flexor Stretch

- Half-kneeling position
- Squeeze glute of trailing leg

Butterfly Stretch

- Groin and inner thigh mobility

Child's Pose

- Low back and hips



Week #1 **(June 29th – July 4th)**

Day	Beginners	Intermediate	Veterans	Strength/Focus
Monday	25 to 35 min easy conversational pace	35 to 55 min easy conversational pace	45 to 60 min easy conversational pace	Lower Body + Core
Tuesday	Rest	Rest	Rest	Rest
Wednesday	2-3 miles with 6 hills, moderate	3-4 miles with 6 hills, moderate	4-5 miles with 6 hills, moderate	Core Circuit
Thursday	Rest	Rest	Rest	Rest
Friday	25 minutes easy	35 minutes easy	45 minutes easy	Mobility & Stretch
Saturday	Long, 35 minutes easy	Long, 45 minutes easy	Long, 55 minutes easy	Total Body Strength
Sunday	Off	Off	Off	Off





Week #2 **(July 6th- July 11th)**

Day	Beginners	Intermediate	Veterans	Strength/Focus
Monday	25 to 35 min easy – easy/moderate	35 to 55 min easy – easy/moderate	45 to 60 min easy – easy/moderate	Lower Body + Core
Tuesday	Rest	Rest	Rest	Rest
Wednesday	TEMPO Run- 15 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (10 min each)	TEMPO Run- 20 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (15 min each)	TEMPO Run- 25 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (20 min each)	Core Circuit
Thursday	40 to 45 minutes	40 to 45 minutes	40 to 45 minutes	core strengthening exercises
Friday	25 minutes easy	35 minutes easy	45 minutes easy	Mobility & Stretch
Saturday	Long, 35 minutes easy	Long, 45 minutes easy	Long, 55 minutes easy	Total Body Strength
Sunday	Off	Off	Off	Off





Week #3 **(July 13th- July 18th)**

Day	Beginners	Intermediate	Veterans	Strength/Focus
Monday	FARTLEK-Timed hard efforts mixed with slower recovery of similar time, 2 minutes on (hard), 4 off (easy) x4	FARTLEK-Timed hard efforts mixed with slower recovery of similar time, 3 minutes on (hard), 6 off (easy) x4	FARTLEK-Timed hard efforts mixed with slower recovery of similar time, 4 minutes on (hard), 8 off (easy) x4	Lower Body + Core
Tuesday	45 minutes easy	45 minutes easy	45 minutes easy	Runner stability finisher
Wednesday	TEMPO Run- 15 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (10 min each)	TEMPO Run- 20 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (15 min each)	TEMPO RUN- 20 minutes @ 30 seconds/mile slower than race pace. Long warm up & cool down.	Core Circuit
Thursday	40 to 45 minutes	40 to 45 minutes	40 to 45 minutes	core strengthening exercises
Friday	HILLS – 6 race pace plus, 2 mile warm up and cool down	HILLS – 6 race pace plus, 2 mile warm up and cool down	HILLS – 6 race pace plus, 2 mile warm up and cool down	Mobility & Stretch
Saturday	Long, 40 minutes easy	Long, 50 minutes easy	Long, 60 minutes easy	Total Body Strength
Sunday	Off	Off	Off	Off





Week # 4 **(July 20th – July 25th)**

Day	Beginners	Intermediate	Veterans	Strength/Focus
Monday	FARTLEK, 5 minutes on, 5 minutes off x 4 sets	FARTLEK, 5 minutes on, 5 minutes off x 4 sets	FARTLEK, 5 minutes on, 5 minutes off x 4 sets	Lower Body + Core
Tuesday	25 minutes easy	35 minutes easy	45 minutes easy	core strengthening exercises
Wednesday	TEMPO Run- 15 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (10 min each)	TEMPO Run- 20 Minutes @ 30 seconds/mile slower than race pace, Long warm up & cool down (15 min each)	TEMPO RUN- 20 minutes @ 30 seconds/mile slower than race pace. Long warm up & cool down. (20 min)	Core Circuit
Thursday	30 minutes moderate pace	35 minutes moderate pace	40 minutes moderate pace	core strengthening exercises
Friday	HILLS 6 race pace, continuous loops, focus on form technique	HILLS 6 race pace, continuous loops, focus on form technique	HILLS 6 race pace, continuous loops, focus on form technique	Mobility & Stretch
Saturday	Long, 40 minutes easy	Long, 50 minutes easy	Long, 60 minutes easy	Core Circuit
Sunday	Off	Off	Off	Off





Week #5 **(July 27th – August 1st)**

Day	Beginners	Intermediate	Veterans	Strength/Focus
Monday	FARTLEK, 1 minute on, 1 minute off x 15 sets. End with 2 min off, 3 minutes on.	FARTLEK, 1 minute on, 1 minute off x 15 sets. End with 2 min off, 3 minutes on.	FARTLEK, 1 minute on, 1 minute off x 15 sets. End with 2 min off, 3 minutes on.	Lower Body + Core
Tuesday	25 minutes easy	35 minutes easy	45 minutes easy	core strengthening exercises
Wednesday	20 minutes TEMPO RUN with long warm up (15 min) & Long cool down (15 min)	20 minutes TEMPO RUN with long warm up (15 min) & Long cool down (15 min)	20 minutes TEMPO RUN with long warm up (15 min) & Long cool down (15 min)	Core Circuit
Thursday	30 minutes moderate pace	35 minutes moderate pace	40 minutes moderate pace	core strengthening exercises
Friday	HILLS, 20 Minutes warm up/cool down, then 6 200m hill inclines	HILLS, 20 Minutes warm up/cool down, then 8 200m hill incline.	HILLS, 20 Minutes warm up/cool down, 6 x 400m hill incline.	Mobility & Stretch
Saturday	Long, 45 minutes easy	Long, 55 minutes easy/moderate	Long, 65 minutes easy/moderate	Core Circuit
Sunday	Off	Off	Off	Off





Week #6 **(August 2nd –August 8th)**

Day	Beginners	Intermediate	Veterans	Strength /Focus
Monday	FARTLEK, 3 minutes on, 3 minutes off/ 1 minute on, 1 minute off x 5 sets, then 10 minutes on, 10 minutes off	FARTLEK, 3 minutes on, 3 minutes off/ 1 minute on, 1 minute off x 5 sets, then 10 minutes on, 10 minutes off	FARTLEK, 3 minutes on, 3 minutes off/ 1 minute on, 1 minute off x 5 sets, then 10 minutes on, 10 minutes off	Lower Body + Core
Tuesday	20 to 25 minutes easy/moderate	30 to 35 minutes easy/moderate	40 to 45 minutes easy/moderate	core strengthening exercises
Wednesday	3 mile TEMPO RUN, 2 mile cool down	3 mile TEMPO RUN, 2 mile cool down	3 mile TEMPO RUN, 2 mile cool down	Core Circuit
Thursday	30 minutes moderate pace	35 minutes moderate pace	40 minutes moderate pace	core strengthening exercises
Friday	REPEATS 3 x 1 mile (pushing hills- or 10-13 hill loops, continuous; long warm up (15 minutes), Long cool down (15 minutes)	REPEATS 3 x 1 mile (pushing hills- or 10-13 hill loops, continuous; long warm up (15 minutes), Long cool down (15 minutes)	REPEATS 3 x 1 mile (pushing hills- or 10-13 hill loops, continuous; long warm up (15 minutes), Long cool down (15 minutes)	Mobility & Stretch
Saturday	LONG RUN, 50 minutes moderate on rolling trails	LONG RUN, 60 minutes moderate on rolling trails	LONG RUN, 70 minutes moderate on rolling trails	Core Circuit
Sunday	Off	Off	Off	Off





Week #7 **(August 10th –August 15th)**

Day	Beginners	Intermediate	Veterans	Strength /Focus
Monday	FARTLEK, (33 Minutes total) 3 min hard, 3 minutes moderate	FARTLEK, (33 Minutes total) 3 min hard, 3 minutes moderate	FARTLEK, (33 Minutes total) 3 min hard, 3 minutes moderate	Lower Body + Core
Tuesday	20 to 25 minutes easy/moderate	30 to 35 minutes easy/moderate	40 to 45 minutes easy/moderate	core strengthening exercises
Wednesday	22 minutes TEMPO RUN, 10 x 100M strides on grass	22 minutes TEMPO RUN, 10 x 100M strides on grass	22 minutes TEMPO RUN, 10 x 100M strides on grass	Core Circuit
Thursday	30 minutes moderate pace	35 minutes moderate pace	40 minutes moderate pace	core strengthening exercises
Friday	HILLS, 6 loops of stairs, Finish with 6 minutes moderate	HILLS, 8 loops of stairs, Finish with 6 minutes moderate	HILLS, 10 continuous hill loops, Finish with 6 minutes moderate	Mobility & Stretch
Saturday	LONG RUN, 50 minutes moderate on rolling trails	LONG RUN, 60 minutes moderate on rolling trails	LONG RUN, 70 minutes moderate on rolling trails	Core Circuit
Sunday	Off	Off	Off	Off





Week #8 **(August 17th –August 21st)**

Day	Beginners	Intermediate	Veterans	Strength /Focus
Monday	REPEATS, 2 miles at moderate pace	REPEATS, 3 miles at moderate pace	REPEATS, 4 miles at moderate pace	Lower Body + Core
Tuesday	20 to 25 minutes easy/moderate	30 to 35 minutes easy/moderate	40 to 45 minutes easy/moderate	core strengthening exercises
Wednesday	22 minutes TEMPO RUN with long warm up (15min) and cool down (15 min)	22 minutes TEMPO RUN with long warm up (15min) and cool down (15 min)	22 minutes TEMPO RUN with long warm up (15min) and cool down (15 min)	Core Circuit
Thursday	30 minutes moderate pace	35 minutes moderate pace	40 minutes moderate pace	Runner Stability
Friday	HILLS, 20 minute warm up/cool down, then 4 to 6 long hills	HILLS, 20 minute warm up/cool down, then 5 to 7 long hills	HILLS, 20 minute warm up/cool down, then 6 to 8 long hills	Mobility & Stretch
Saturday	LONG RUN, 55 to 60 min easy	LONG Ru, 65 to 70 min easy	LONG, 75 to 80 min easy	Core Circuit
Sunday	Off	Off	Off	Off





Strength Training

Lower Body & Core

- Squats – 3×10
- Walking Lunges – 3×10 each leg
- Romanian Deadlifts – 3×8
- Calf Raises – 3×20
- Plank – 3×45–60 sec
- Side Planks – 2×30–45 sec each side
- Bird Dogs – 2×12 each side

Total Body Strength

- Step-Ups – 3×10 each leg
- Push-Ups – 3×10–20
- Resistance Band Rows – 3×15
- Glute Bridges – 3×15
- Medicine Ball Slams – 3×10
- Dead Bugs – 3×12
- Superman Holds – 3×30 sec

Runner Stability

Complete **2 rounds**:

- Mountain Climbers – 30 seconds
- Plank Shoulder Taps – 20 total
- High Knees – 30 seconds
- Flutter Kicks – 30 seconds
- Wall Sit – 45 seconds

Core Circuit

Complete 3 rounds.

Exercises	Time/Reps
Front Plank	45–60 sec
Right Side Plank	30–45 sec
Left Side Plank	30–45 sec
Dead Bugs	12 each side
Bird Dogs	12 each side
Bicycle Crunches	20 total
Russian Twists	20 total
Hollow Hold	20–40 sec
Superman Hold	30 sec

