

Summer Training East Cross Country

Monday (Advanced) 5-10 mile run at moderate pace-50-70 minutes (Intermediate) 3-6 miles at moderate pace, 30-50 minutes (Beginner) 2-3 miles, Try to run the whole way.

Tuesday (Advanced) Hilly run of 4-8 miles- push the uphill. (Intermediate) 3-4 miles on a hilly course. (Beginner) Move for 30 minutes by biking, jogging, swimming, rowing etc.

Wednesday (Advanced) Long run of 8-14 miles, starting easy, getting faster. (Intermediate) 6-8 mile run, increasing pace as you run. (Beginner) Run steadily for at least 30 minutes.

Thursday (Advanced) 3-5 miles, 30-45 minutes easy pace (Intermediate) Easy run of 30 minutes. (Beginner) Active movement for one hour.

Friday (Advanced) 5-8 mile run at moderate pace-50-70 minutes (Intermediate) 3-6 mile run at moderate pace- 30-50 minutes (Beginner) 2-3 miles running the entire way.

Saturday Run for 8-10 miles starting easy and gradually increasing pace so that you are running the middle portion of your run at a fast tempo .

Sunday- Rest or easy run. It's ok to switch Saturday and Sunday.

Stretch well after running. Work on core strength two or three days per week.. By midsummer, you should also be running a bit faster and adding 6-8 100 meter strides. You can change the order of this program to fit your schedule, but remember 2 hard days per week is enough. A weekly long easy run is important. Other activities like rowing, biking, hockey, soccer, lacrosse, basketball and swimming are good for your general fitness, but to be a successful distance runner, you need to run long distance. Varying the terrain is also beneficial. Run about half the time on hilly courses and half on flatter surfaces. Running on soft surfaces like grass, trails, or gravel roads also helps keep your legs fresh.