

Summer Training East Cross Country

Monday (Advanced) 5-10 mile run at moderate pace-50-80 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.

Work into this program gradually, increasing distance by no more than 10% per week

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 2-3 times per week. If you need a break, take a few days off. If you are playing or training intensely for other sports, run on the days when your other sports aren't scheduled or are less intense.

If you feel the need to test yourself, run an occasional race, any distance half marathon or less is ok.