**Center Hill Cross Country Summer Plan 2020**

* I have used this training plan at Corinth and we were 4A State Champions 2017-2018, so it works.
* The great part about summer training is that you get to start running low mileage and can easily build up your endurance at your own pace.
* In order to compete for a state championship, I need at least 10 highly committed boys and girls to follow this plan.
* Push-ups, planks, squats, calf rises or any other exercises are important to build a strong core and prevent injuries.
* Long runs are best done on Saturday. This will
* Specialized workouts at least once a week:
  + 12x400s @ race pace with 90 secs rest in between
  + Hill Sprints
  + Mile repeats @ goal race pace
  + Tempo run: Ex. 4 mile tempo run @ 7 :00 pace or 2X 2mile @6:30 pace
  + Fartlex run: 30 secs fast, then 30 secs slow for 15 -30 min
  + Hopefully in June, we can do a 4 mile ladder
    - 400 Hard (race pace)
    - 400 Rest (slow jog)
    - 400 Hard
    - 400 Rest
    - 800 Hard
    - 800 Rest
    - 800 Hard
    - 800 Rest
    - 400 Hard
    - 400 Rest
    - 400 Hard
    - 400 Rest

**Reward**

**Keep track of your miles. April 20th – August 5th**

**You will receive a plaque at the cross country banquet for completing these miles.**

**Red Award: 100 mile club**

**Mustang Award: 200 mile club**

**Insane Mustang Award: 300 mile club**

**Super Insane Mustang Award: 400 mile club**

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| Center Hill XC Training Plan  Girl’s July | | | | 2020 |

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  | 1 | 22 | 3 | 4 | 5 |
|  |  | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 6-8 miles  I – 5-7 miles  B – 4-5 miles | 30 min easy running |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 6-8 miles  I – 5-7 miles  B – 4-5 miles | 30 min easy running |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 6-8 miles  I – 5-7 miles  B – 4-5 miles | 30 min easy running |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 6-8 miles  I – 5-7 miles  B – 4-5 miles | 30 min easy running |
| 27 | 28 | 29 | 30 | 31 |  |  |
| V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles | V – 5-6 miles  I – 4-5 miles  B – 3-4 miles |  |  |
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| Center Hill XC Training Plan  Girl’s June | 2020 |

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| V – 3-4 miles  I – 2-3 miles  B – 2-3 miles | V – 3-4 miles  I – 2-3 miles  B – 2-3 miles | V – 3-4 miles  I – 2-3 miles  B – 2-3 miles | V – 3-4 miles  I – 2-3 miles  B – 2-3 miles | V – 3-4 miles  I – 2-3 miles  B – 2-3 miles | V – 6-7 miles  I – 4-6 miles  B – 3 miles | 30 min easy running |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 6-8 miles  I – 4-6 miles  B – 3 miles | 30 min easy running |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 6-8 miles  I – 4-6 miles  B – 3 miles | 30 min easy running |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 6-8 miles  I – 4-6 miles  B – 3 miles | 30 min easy running |
| 29 | 30 |  |  |  |  |  |
| V – 4-6 miles  I – 3-4 miles  B – 1-2 miles | V – 4-6 miles  I – 3-4 miles  B – 1-2 miles |  |  |  |  |  |

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| Center Hill XC Training Plan  Girl’s May | 2020 |

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  | Varsity  Intermediate  Beginner | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | 30 min easy running |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 5-6 miles  I - 3-4 miles  B -3 miles | 30 min easy running |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B –-1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 5-6 miles  I - 3-4 miles  B -3 miles | 30 min easy running |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| V – 3-4 miles  I - 2-3 miles  B 1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 5-6 miles  I - 2-3 miles  B –-1-2 miles | 30 min easy running |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 3-4 miles  I - 2-3 miles  B -1-2 miles | V – 5-6 miles  I - 2-3 miles  B –-1-2 miles | 30 min easy running |