Summer Cross Country Training Plan

June

Monday: 30-35 minute progressive run

Tusday: Fartlek: 10 x 3 minute easy run/ 30 seconds tempo

Or 5 x 5 minute easy run / 1 minute tempo

Wednesday: 30 minute progressive run

Thursday: 5 minute warmup/20 minute tempo/5 minute cooldown

Friday: 20-30 minute progressive run or rest

Saturday: 30-45 minute easy run

July

Monday: 35-40 minute progressive run

Tuesday: Fartlek: 10 x 3 minute easy run / 30 seconds tempo

Or 5 x 5 minute easy run / 1 minute tempo

Wednesday: 30 minute progressive run

Thursday: 5 minute warmup / 25 minute tempo / 5 minute cooldown

Friday: 25-30 minute progressive run

Saturday: 45-60 minute easy run

\*One may alternate the fartlek workouts

\*It is okay to replace one days workout with another, just do not push hard 2 days in a row

\*Hydrate, Hydrate, Rest, Rest…. This is a disciplined sport

\*Tempos are running paces that is 70-75% effort

\*Progressive runs is running that may start slow but pace picks up gradually and has a fast finish

\*If active in other sports, it is best to do the easy and progressive runs. The Saturday Long Run benefits the most. Train hard but Train smart

\*Effective training is neither too hard or too easy. It must be adaptable