

SUMMER TRAINING PROGRAM

The calendar below supplies some guidelines for summer training. Each date on the calendar has three numbers—black, blue, then gray. The idea behind these numbers is that runners come to the team with varying levels of experience. The training programs on the calendar are meant to serve as a guide for summer running. Numbers on the calendar represent miles. If you are not familiar with courses in your area, run on time. For example, if the day calls for 4 miles, run for approximately 30 minutes (4 miles x 7 minutes per mile = 28 minutes). Base training makes up the largest part of the cross country season, so running in the summer is very important. If you're able to attend the training sessions at the school, you'll benefit from the presence of your teammates. If you'll be out of town or at work, use the calendar to guide your conditioning.

Black = experienced cross country runners (2-3 seasons)

Blue = newer cross country runners (1-2 seasons)

Gray = new cross country runners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 June 21 – 27	4 4		6 4	8 6	4 4	3 2	(25) (20)
2 June 28 – July 4	6 5 3	3 3	6 4 3	8 6 4	4 4 2	8 6	(35) (28) (12)
3 July 5 – 11	6 5 3	3 3	6 4 3	8 6 4	4 4 2	8 6	(35) (28) (12)
4 July 12 – 18	8 6 4	4 4 2	6 5 3	8 6 4	6 5 3	8 6 2	(40) (32) (18)
5 July 19 – 25	8 6 4	4 4 2	6 5 3	8 6 4	6 5 3	8 6 2	(40) (32) (18)
6 July 26 – August 1	10 8 4	5 4 4	6 4 3	10 8 4	6 5 3	8 6 4	(45) (36) (22)
7 August 2 – 8	10 8 4	5 4 4	6 4 3	10 8 4	6 5 3	8 6 4	(45) (36) (22)
8 August 9 – 15	10 8 4	5 4 4	6 4 3	10 8 4	6 5 3	8 6 4	(45) (36) (22)
9 August 16 – 22	10 8 4	6 6 6	8 6 4	10 8 6	6 4 4	10 8 6	(50) (40) (26)
10 August 25 – 30	10 8 4	6 6 6	8 6 4	10 8 6	6 4 4	10 8 6	(50) (40) (26)