

LHS XC Summer Training Program

It is EXTREMELY IMPORTANT that you read everything prior to starting your summer running program

This packet is designed to help you in building the endurance for the upcoming, 2016 Cross Country season. The goal of this packet is to prepare and condition your body for the upcoming running season. The majority of the workouts should take anywhere between 30 minutes to 1 hour to complete. The best time to work out is during the morning hours and after 6 PM. Try avoiding direct heat, and remember to stay hydrated.

If you are planning on running winter and spring track, cross country will be a great sport for you. You will be able to get in shape and improve your running skills regardless of the event you participate in.

Please try to follow the training guide as close as possible. We understand that many of you have different abilities: some are veteran runners, and some have never ran cross country before. We broke down this training guide into 3 levels: Level 1 workouts are appropriate for someone who doesn't have any previous experience running Cross Country. Level 2 workouts are appropriate for someone who has some experience in running distance. Level 3 workouts are suitable for expert runners, who previously ran Cross Country at the High School level.

Lastly, physical fitness can be improved through many other ways, not just through running. During the season you will set goals, and beat your PRs. You must not only train your body for the race, but also your mind. Cross country is one of the toughest sports which requires intense concentration, strong will, and mental readiness. The coaching staff is here to help you achieve this mental toughness and have an "upper hand" at the beginning of our season by following the summer workout plan.

Things to remember:

- Running program starts on the first week of July. It lasts 6 weeks.
- Stay hydrated everyday. Drink plenty of water. Drinking soda / juices actually DEHYDRATES your body because it has extremely high amounts of sugar. Add lemon to your water to add flavor instead.
- Avoid running during mid afternoon hours. Getting your runs in before 9 AM, or completing them after 6 PM is the ultimate time for the workouts.
- Running can be much easier if you run with a buddy. Exchange phone numbers with someone on the team, and try to schedule your workouts together. You will be twice as likely to actually go out there and complete the workouts.
- Download a running APP, such as [RunKeeper](#), [Strava](#), or [MapMyRun](#) to keep track of your runs, workouts, and mileage.
- Remember to STRETCH each time prior / post workout. Your body needs to warm up and your muscles need to be loose prior to workouts. Failure to properly warm up will result in preseason injuries, which will lead to further injuries during the season. Prior to workouts: STRETCH-STRETCH-STRETCH!

Summer Training Guide

Level 1 - No experience in the sport

Level 2 - Some experience in the sport

Level 3 - Mastery Level Runner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Day 4 1 - 1 to 2 miles easy + 5 x 60 meter strides. 2 - 2 to 3 miles easy + 5 x 60 meter strides. 3 - 3 to 4 miles easy + 5 x 60 meter strides	Workout: 5 1 - 2 x mile repeats @ race pace. Walk 2 laps in between. 2 - 3 x mile repeats @ race pace. Walk 2 laps. 3 - 3 x mile repeats @ race pace. Jog 1 lap in between.	Tempo Run: 6 1 - 25 minutes, 5 min intervals. 2 - 35 minutes, 6 min intervals 3 - 45 minutes, 7:30 min intervals.	Long Run: 7 1 - 35 minutes, non stop jog. 2 - 40 - 45 minutes, non stop. 3 - 60 minutes, non stop.	Easy Day 8 1 - 1 to 2 miles easy + 5 x 60 meter strides. 2 - 2 to 3 miles easy + 5 x 60 meter strides. 3 - 3 to 4 miles easy + 5 x 60 meter strides	Off 9	Off 10
Easy Day 11 1 - 2 miles easy + 5 x 60 meter strides. 2 - 3 miles easy + 5 x 60 meter strides. 3 - 4 miles easy + 5 x 60 meter strides	Workout: 12 1 - 4 x 800 repeats @ race pace. Walk 1 lap in between. 2 - 6 x 800 repeats @ race pace. Walk 1 lap. 3 - 8 x 800 repeats @ race pace. Jog 1 lap in between. :	Long Run: 13 1 - 35 minutes, non stop jog. 2 - 40 - 45 minutes, non stop. 3 - 60 minutes, non stop.	14 Weight Training: Legs-chest-abs Please see the weight training chart below for a sample workout.	Easy Day 15 1 - 2 miles easy + 5 x 60 meter strides. 2 - 3 miles easy + 5 x 60 meter strides. 3 - 4 miles easy + 5 x 60 meter strides	Off 16	Off 17
Tempo Run: 18 1 - 30 minutes, 5 min intervals. 2 - 40 minutes, 8 min intervals 3 - 50 minutes, 10 min intervals.	Easy Day 19 1 - 2.5 miles easy + 8 x 60 meter strides. 2 - 3.5 miles easy + 8 x 60 meter strides. 3 - 4.5 miles easy + 8 x 60 meter strides	Workout: 20 1 - 6 x 400 repeats @ race pace. Walk 1 lap in between. 2 - 8 x 400 repeats @ race pace. Walk 1 lap. 3 - 10 x 400 repeats @ race pace. Jog 1 lap in between.	Long Run: 21 1 - 40 minutes, non stop jog. 2 - 50 minutes, non stop. 3 - 60 minutes, non stop.	Fartlek Run: 22 1 - 30 minutes, 20 second pick ups. 2 - 40 minutes, 25 sec pick ups. 3 - 45 minutes, 30 sec pick ups.	Easy Day 23 1 - 2 miles easy + 8 x 60 meter strides. 2 - 3 miles easy + 8 x 60 meter strides. 3 - 4 miles easy + 8 x 60 meter strides ***5k / race optional***	Off 24
Easy Day 25	Workout: 26	27	Tempo Run: 28	Long Run: 29	Easy Day 30	Off 31

<p>3 miles easy + 8 x 60 meter strides. 4 miles easy + 8 x 60 meter strides. 5 miles easy + 8 x 60 meter strides</p>	<p>1 - 200, 400, 600, 400, 200 @ racepace. Walk 100 in between each. 2 - 200, 400, 600, 800, 600, 400, 200 @ race pace. Jog 200 in between each set. 3 - 200, 400, 600, 800, mile, 800, 600, 400, 200 @ Race pace, Jog 200 between each.</p>	<p>Weight Training: Back - Tri's - Calves</p> <p>Please see the weight training chart below for a sample workout.</p>	<p>1 - 30 minutes, 5 min intervals. 2 - 40 minutes, 8 min intervals 3 - 50 minutes, 10 min intervals.</p>	<p>1 - 40 minutes, non stop jog. 2 - 50 minutes, non stop. 3 - 60 minutes, non stop.</p>	<p>3 miles easy + 8 x 60 meter strides. 4 miles easy + 8 x 60 meter strides. 5 miles easy + 8 x 60 meter strides</p> <p>***5k / race optional ***</p>	
<p>Easy Day 1 3 miles easy + 8 x 60 meter strides. 4 miles easy + 8 x 60 meter strides. 5 miles easy + 8 x 60 meter strides</p>	<p>Workout: 2 1 - 3 x mile repeats @ race pace. Walk 1 lap in between. 2 - 4 x mile repeats @ race pace. Walk 1 lap. 3 - 5 x mile repeats @ race pace. Walk 1 lap in between.</p>	<p>Long Run: 3 1 - 50 minutes, non stop jog. 2 - 60 minutes, non stop. 3 - 60 - 70 minutes, non stop.</p>	<p>Fartlek Run: 4 1 - 35 minutes, 20 second pick ups. 2 - 45 minutes, 25 sec pick ups. 3 - 50 minutes, 30 sec pick ups.</p>	<p>Workout: 5 1 - run 100, jog 100. Run 200, job 200, Run 300, jog 300, Run 400, Jog 400. Run @ Race Pace. 2 - run 100, jog 100. Run 200, job 200, Run 300, jog 300, Run 400, Jog 400, run 500, jog 500. Run @ Race Pace. 3 - run 100, jog 100. Run 200, job 200, Run 300, jog 300, Run 400, Jog 400, Run 500, Jog 600. Run @ Race Pace.</p>	<p>Easy Day 6 3 miles easy + 8 x 60 meter strides. 4 miles easy + 8 x 60 meter strides. 5 miles easy + 8 x 60 meter strides</p> <p>***5k / race optional ***</p>	<p>Off 7</p>
<p>Easy Day 8 4 miles easy + 8 x 60 meter strides. 5 miles easy + 8 x 60 meter strides. 6 miles easy + 8 x 60 meter strides</p>	<p>Workout: 9 1 - 3 x mile repeats @ race pace. Walk 1 lap in between. 2 - 4 x mile repeats @ race pace. Walk 1 lap. 3 - 5 x mile repeats @ race pace. Walk 1 lap in between.</p>	<p>Long Run: 10 1 - 40 minutes, non stop jog. 2 - 50 minutes, non stop. 3 - 60 minutes, non stop.</p>	<p>Weight Training: 11 Shoulders - Bi's - Glutes</p> <p>Please see the weight training chart below for a sample workout.</p>	<p>Fartlek Run: 12 1 - 35 minutes, 20 second pick ups. 2 - 45 minutes, 25 sec pick ups. 3 - 50 minutes, 30 sec pick ups.</p>	<p>Easy Day 13 4 miles easy + 8 x 60 meter strides. 5 miles easy + 8 x 60 meter strides. 6 miles easy + 8 x 60 meter strides</p> <p>***5k / race optional ***</p>	<p>Off 14</p>

Tempo Run - 30 to 50 minutes. Start off slow, as a jog. Jog for approximately 10 minutes. Next, pick up the pace and accelerate towards a hard run (race pace). Try to maintain race pace for 5 - 10 minutes (depending on your conditioning). Next, decrease your speed to a jog. After about 10 minutes, pick up your speed to race pace. Repeat.

Repeats/ Workout - completed on the track. Consists of running at race pace various distances (400, 600, 800, mile), followed by a walk or jog in between sets. Most important thing is to STAY CONSISTENT. You don't want to run the first mile in mile repeats at 6:30, and then not be able to complete the entire workout because you went out too hard in the beginning.

Easy Runs - completed around the neighborhood / outside / on the treadmill. Easy, jog-like pace. The goal of easy runs is to give your body enough time to recover while maintaining endurance. Easy runs should be completed at a consistent, easy pace. Easy enough for you to have a conversation with a buddy while running.

Long Runs - designed to improve your aerobic fitness and endurance. Great to run on the roads / trails / Mercer County Park. The pace should be "easy / conversational". Long runs are all about going out there and actually consistently running for the allocated time. Again, you don't want to go out too fast, and not be able to finish the entire long run.

Fartlek Runs - Dedicated to work on endurance and/or speed. Very similar to Tempo Runs, but with variations. Should take you anywhere from 30 - 50 minutes to complete, while constantly changing your pace during the run. It is wise to bring a stopwatch with you on your run. Fartlek starts off with an easy jog, for approximately 4 - 6 minutes. After 4 - 6 minutes of easy running, pick up the pace and go through a burst of sprinting speed for about 30 - 40 seconds. Decelerate back to a jog for the same amount of time as the sprint. Repeat until desired time is completed. You are basically picking up/ slowing down every 30 - 40 seconds.

Weight Training - the goal of weight training is to build muscles otherwise neglected by running. Effective weight training will decrease your overall time in the standard 5K, improve strength, flexibility, stability, balance and overall fitness levels. The LHS weight room will be open during summer hours. Please contact Nathan Jones (njones@ltps.org) if you have any questions. Weight room summer hours are: 9 - 10:30 AM.

5Ks and Other Races - to build the competitive edge early in the season, you may also want to consider participating in some independently-ran 5K races. Most of the races are done on the weekends, and can easily be substituted for Tempo / Fartlek runs.

How do I know what is my race pace?

1. **Take your best 5K time, subtract 30 seconds from it.** If you don't know what your best 5K time is, take your best mile time, and multiply that by 3. Add a minute. (Ex: 5K pace: 24 min)....
2. **After you have figured out your 5K time, subtract 40 seconds from it.** (Ex: 24:00 - :40 = 23:20)
3. **Divide that number by 3: this is your RACE PACE for the mile.** (Ex: 23:20 / 3 = 7:47)
4. **Divide the number you got in Step 3 by 2** - This is your RACE PACE for 800 meters. (Ex: 7:47 / 2 = 3:53)
5. **Divide the number you got in Step 4 by 2** - This is your RACE PACE for 400 meters. (Ex: 3:53 / 2 = 1:56)
6. **Divide the number you got in Step 5 by 2** - This is your RACE PACE for 200 meters. (Ex: 1:56 / 2 = 56 secs)

Remember, we are dealing with TIME DIVISION, so standard division rules are not applicable. If you can't figure out how to divide time, please ask your parents to help you, or email one of the coaches.

Weight Training Guide

Remember to ALWAYS properly warm up before beginning any type of weight lifting activity.

If you are not sure about proper form - seek adult supervision.

You should never work out alone while using free weights - seek a spotter/ gym staff member/adult in the room.

Stay hydrated and STRETCH before and after workouts.

The weights you use should CHALLENGE YOU; not be too easy, but also not be impossible.

Day 1 - Legs, Chest, Abs	Day 2 - Back, Tri's, Calves	Day 3 - Shoulders, Bi's, Glutes
<p><u><i>If you have access to go to a gym:</i></u> Warm up - Bike / Jog / Jump rope 5 minutes Stretch your legs, abs and chest.</p> <p>Set 1:</p> <ul style="list-style-type: none">- Squats with the bar (please use the Smith Machine) 14 reps- Chest press, with the bar. Flat back on the bench. 14 reps. **Typical Bar Weight is 45 pounds**- Planks - 1 min <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>Set 2:</p> <ul style="list-style-type: none">- Leg press on the Leg Press Machine. 14 reps.- Incline Chest Press with Dumbbells on a flat back bench. 14 reps.- V ups - 15 <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>Set 3:</p> <ul style="list-style-type: none">- Leg Curl on the Leg Curl Machine. 14 reps.- Fly Machine. 14 reps.- Bicycles - 15 on each side <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>STRETCH !!!!!!!!!!!!!!!!!!!!!!!</p>	<p><u><i>If you have access to go to a gym:</i></u> Warm up - Bike / Jog / Jump rope 5 minutes Stretch your legs, abs and chest.</p> <p>Set 1:</p> <ul style="list-style-type: none">- Seated Row Machine. 14 reps.- Triceps extensions on the bench, with one arm. Alternate arms. 5 - 10 pounds. 14 reps- Calve Raises - Flat on the ground with dumbbells. 15 reps. <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>Set 2:</p> <ul style="list-style-type: none">- Back extension with a long bar. Seated. 14 reps- Dips (assisted if needed). 14- Calf Step ups. Put a 45 pound plate on the ground. Place your heels on the ground, toes on the plate. Raise your body. Repeat 15 times. <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>Set 3:</p> <ul style="list-style-type: none">- Reverse row with dumbbells. Alternate Arms. 14 reps.- Calve walk outs. Grab 2 dumbbells. Get on your toes. Walk on your toes forward 10 steps. Walk backwards 10 steps. Repeat 3 times- Tri Extensions with a rope. X 14. <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>STRETCH !!!!!!!!!!!!!!!!!!!!!!!</p>	<p><u><i>If you have access to go to a gym:</i></u> Warm up - Bike / Jog / Jump rope 5 minutes Stretch your legs, abs and chest.</p> <p>Set 1:</p> <ul style="list-style-type: none">- Shoulder Press with dumbbells. X 14- Bicep Curls with dumbbells x 14- Deadlifts with long Bar x 14. <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>Set 2:</p> <ul style="list-style-type: none">- Upright row with a bar. X 14- Hammer Curls x 14- 1 leg lunges forward. Grad 2 dumbbells, step forward, lunge, step back. X 14. Switch legs after 14 reps. <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>Set 3:</p> <ul style="list-style-type: none">- Side shoulder raises. 5 - 10 pounds dumbbells in each hand. X 14.- Bicep curls with a bar.- Squat jumps. No weight. X 14. <p>Repeat 3 times, 30 second break in between each exercise. 2 minutes after this set.</p> <p>STRETCH !!!!!!!!!!!!!!!!!!!!!!!</p>