

## TYPICAL CROSS COUNTRY TRAINING SCHEDULE

### Early season Weeks 1-4

Monday	Short Tempo
Tuesday	Long Run if not done on Sunday/Medium recovery day if long run on Sunday
Wednesday	Long Tempo/Progressive Tempo
Thursday	Medium recovery day
Friday	Pre-meet group run and strides
Saturday	Meet
Sunday	Optional Long Run/Day Off/Short Shakeout

### Mid-season Weeks 5-7

Monday	Repeats at Race Pace
Tuesday	Long or Medium
Wednesday	Hill Repeats
Thursday	Medium recovery/Focus on cadence and form
Friday	Pre-meet group run and strides
Saturday	Meet
Sunday	Long Run/Day Off/Shakeout

### Late Season Weeks 8-10

Monday	Track workout—longer repeats, controlled
Tuesday	Long or Medium
Wednesday	Track workout—shorter repeats, controlled to fast
Thursday	Medium/Light
Friday	Pre-meet group run and strides
Saturday	Race
Sunday	Long/Off/Shakeout

Thursdays or Tuesday/Thursday (Medium days) we choose to focus on cadence, an aspect of form, etc.

Sundays we prefer active recovery to nothing, but depends on the kid.

Friday we always do our stuff together if possible. Higher mileage kids sometimes do an AM run for added miles.

## TYPICAL TRACK SEASON TRAINING SCHEDULE

We keep it simple and predictable for the most part—kids know what to expect and prepare for

MONDAY and WEDNESDAY are QUALITY DAYS

SUNDAY or TUESDAY is LONG RUN DAY

THURSDAY is the day that varies most from runner to runner  
Medium recovery/Alternative Training/Day off

FRIDAY is Pre-meet

SATURDAY MEET

IF WE HAVE A WEEKDAY MEET we only do one quality day that week.

For 1600/3200 runners quality days start with tempo pace and move into 400s  
Usually one mix-paced/distance workout, otherwise not much variation on distance.

400/800 runners spend some time with the 1600/3200 runners at first then move to shorter faster stuff sooner.

400/800 runners do more workouts with variation within the workout (distance, intensity and recovery).

## PEAKING

We change very little the week of state. Mostly we control volume and intensity

## SUMMER TRAINING

Very individualized based on the commitment each runner wants to make.

In a school of 200 kids, we don't have 20 runners who are dedicated to 40-50 miles/week. We have 2.

Absolutely no getting stuck on a calendar with a specific run each day. Be a kid. Have a summer.

We try to meet once a week after the 4<sup>th</sup> of July, not counting trips.