

10-Week Summer Training Guide for High School Cross Country Runners

Are you ready to make this your best cross country season yet? If so, then you need to start training now. This 10-week summer training guide will help you get in shape and prepare for the upcoming season.



The Warrior Way: A 10-Week Summer Training Guide for High School Cross Country Runners

by Elaine Howard Ecklund

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
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Week 1

* **Monday:** Easy run for 30 minutes. * **Tuesday:** Rest. * **Wednesday:**

Interval workout: 8 x 400 meters at race pace with 2 minutes rest. *

Thursday: Rest. * **Friday:** Easy run for 20 minutes. * **Saturday:** Long run for 4 miles. * **Sunday:** Rest.

Week 2

* **Monday:** Easy run for 35 minutes. * **Tuesday:** Rest. * **Wednesday:** Fartlek workout: 1 mile warm-up, then alternate between 1 minute fast and 1 minute easy for 20 minutes, then 1 mile cool-down. * **Thursday:** Rest. * **Friday:** Easy run for 25 minutes. * **Saturday:** Long run for 5 miles. * **Sunday:** Rest.

Week 3

* **Monday:** Easy run for 40 minutes. * **Tuesday:** Rest. * **Wednesday:** Interval workout: 6 x 800 meters at race pace with 3 minutes rest. * **Thursday:** Rest. * **Friday:** Easy run for 30 minutes. * **Saturday:** Long run for 6 miles. * **Sunday:** Rest.

Week 4

* **Monday:** Easy run for 45 minutes. * **Tuesday:** Rest. * **Wednesday:** Hill workout: Find a hill that is about 1/4 mile long and run up it 6 times, jogging down in between. * **Thursday:** Rest. * **Friday:** Easy run for 35 minutes. * **Saturday:** Long run for 7 miles. * **Sunday:** Rest.

Week 5

* **Monday:** Easy run for 50 minutes. * **Tuesday:** Rest. * **Wednesday:** Interval workout: 4 x 1200 meters at race pace with 4 minutes rest. * **Thursday:** Rest. * **Friday:** Easy run for 40 minutes. * **Saturday:** Long run for 8 miles. * **Sunday:** Rest.

Week 6

* **Monday:** Rest. * **Tuesday:** Easy run for 30 minutes. * **Wednesday:** Fartlek workout: 1 mile warm-up, then alternate between 2 minutes fast and 2 minutes easy for 20 minutes, then 1 mile cool-down. * **Thursday:** Rest. *

Friday: Easy run for 25 minutes. * **Saturday:** Long run for 9 miles. *
Sunday: Rest.

Week 7

* **Monday:** Easy run for 35 minutes. * **Tuesday:** Rest. * **Wednesday:**
Interval workout: 3 x 1600 meters at race pace with 5 minutes rest. *
Thursday: Rest. * **Friday:** Easy run for 30 minutes. * **Saturday:** Long run
for 10 miles. * **Sunday:** Rest.

Week 8

* **Monday:** Rest. * **Tuesday:** Easy run for 30 minutes. * **Wednesday:** Hill
workout: Find a hill that is about 1/2 mile long and run up it 4 times, jogging
down in between. * **Thursday:** Rest. * **Friday:** Easy run for 25 minutes. *
Saturday: Long run for 11 miles. * **Sunday:** Rest.

Week 9

* **Monday:** Easy run for 35 minutes. * **Tuesday:** Rest. * **Wednesday:**
Interval workout: 2 x 2000 meters at race pace with 6 minutes rest. *
Thursday: Rest. * **Friday:** Easy run for 30 minutes. * **Saturday:** Long run
for 12 miles. * **Sunday:** Rest.

Week 10

* **Monday:** Rest. * **Tuesday:** Easy run for 30 minutes. * **Wednesday:**
Fartlek workout: 1 mile warm-up, then alternate between 3 minutes fast and
3 minutes easy for 20 minutes, then 1 mile cool-down. * **Thursday:** Rest. *
Friday: Easy run for 25 minutes. * **Saturday:** Long run for 13 miles. *
Sunday: Rest.

Tips for Success

* Be consistent with your training. The more you train, the better prepared you will be for the season. * Listen to your body. If you are feeling tired, take a rest day. It is important to avoid overtraining. * Eat a healthy diet. Eating nutritious foods will help you fuel your workouts and recover properly. * Get enough sleep. Sleep is essential for recovery. Aim for 8-10 hours of sleep each night. * Stay hydrated. Drink plenty of fluids before, during, and after your workouts. * Cross-train. Cross-training can help you improve your fitness and reduce your risk of injury. Try activities such as swimming, biking, or strength training. * Have fun! Running should be enjoyable. If you are not having fun, you are less likely to stick with it.

This 10-week summer training guide will help you get in shape and prepare for your best cross country season yet. By following these tips, you can improve your fitness, reduce your risk of injury, and achieve your running goals.



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