

RNE Cross Country (Intermediate Level)
Summer training program to increase mileage

Summer Schedule: M/W/F 8:00AM @ RNE/E.L. Wright - running/strength training; T/Th 7AM @ SesquiAM; Sat (TBD)

May	Su	M	T	W	Th	F	S	Total Miles
5/22 - 5/28	off	easy 2 miles	3 mi moderate strides	crossfields (20 min)	3 mi moderate strides	easy 2 miles	LSD 3-4 mi strides	15 - 16
5/29 - 6/4	off	easy 3-4 mi	3 mi moderate strides	crossfields (30 min)	3-4 mi moderate	off	LSD 4-5 mi strides	16-19
June								
6/5 - 6/11	off	easy 3 mi strength tr.	Hilly run 3.5 mi	easy 3 mi strength tr.	3.5 moderate	easy 2-3 mi strength tr.	LSD 4-6 mi strides	18-22
6/12-6/18	off	easy 3 mi strength tr.	4-6 x Hill repeats jog to hill/finish loop ~4-4.5 mi	easy 2 mi strength tr.	1 mi warmup 8 x 30 sec/2 min easy; 1 mi cool-down	easy 2 mi strength tr.	LSD 5-7 mi strides	20-22.5
6/19 - 6/25	off	easy 3-4 mi strength tr.	Hilly run 4 mi w/surges on hills	easy 2 mi strength tr.	1 mi warmup 10 x 30 sec/2 min easy; 1 mi cool-down	easy 2 mi strength tr.	LSD 5-7 mi strides	20.5-23.5
July								
6/28 - 7/2	off	easy 3-4 strength tr.	1 mi warmup 1 mi @ 85% 16 x 100m 1 mi cool-down	easy 3 mi strength tr.	3-4 mi hilly run	easy 3 mi strength tr.	LSD 6-8 mi	22-26
7/3 - 7/9	off	easy 3 mi strength tr.	4 mi total - 1 mi warmup; 20 min tempo run finish w/ jog	easy 2-3 mi strength tr.	7 mi easy (2 loops)	easy 2 mi strength tr.	LSD 5 miles	23-24
7/10 - 7/16*	off	easy 3-4 strength tr.	5 mi w/ 20 min tempo section	easy 3 strength tr.	AM 4 mi fartlek	easy 3 mi strength tr.	LSD 6-8 mi	24-27

7/17 - 7/23	off	easy 3-4 mi strength tr.	AM 3.5 Hilly run w/ surges PM 3.5 mi easy	easy 3-4 strength tr.	AM 5 mi w/ 20min temp section	easy 2-3 easy strength tr.	LSD 7-9	27-32
7/24 - 7/30	off	easy 3-4 mi strength tr.	4-5 mi Hilly run w/ surges	easy 2 mi strength tr.	easy 2 mi	7 mi with 3 mi farlek section	4-5 mi moderate	22-25
Total Mileage								207.5-237

Explanations:

Tempo run - also called steady state or lactate threshold run. At this stage of training, this will mean about a 75 - 80% effort.

Fartlek - this is a Swiss word meaning "speed play." These runs have surges of speed interspersed with easy running. These surges should be for about 30 sec - 2 min at about 85% effort.

Strides - these are not sprints, but rather form builders run at a fast pace. They can be done on flat surfaces or on slight downhills. They should be about 60 -100 meters.

Moderate pace - about 70-75% of your maximum effort

Easy pace - about 60-70 % of your maximum effort

LSD - NO this is not a cross country psychedelic drug, rather it means LONG, SLOW, DISTANCE. These long runs help build endurance. They should be run at 65 - 70 % effort.

* - the single asterisk denotes the week you begin two-a-day runs. This is actually less stressful on the body than a single longer run. Be sure the shorter and easier run is a recovery jog.

Other Notes:

1. Strength training workouts will follow the running workouts on M/W/F. Bring a towel to take to the gym. You must have a shirt for the gym also.
2. If you are out of town, please try to stick to this schedule. Try to do something active, even if you cannot run. Also, try to keep up your strength conditioning by doing exercises using your body weight for resistance.
3. **BRING A WATER BOTTLE TO ALL PRACTICES!**

