

CROSS COUNTRY

Work out ideas

****Do as much of this running on grass, trails or a track as possible. That is best for your legs and is helpful to get you ready for Cross Country.****

Prevent Injuries!!

Each Day

- **Start with a Warm Up Walk/Slow Jog for ½ mile & then stretch**
- **End with a Cool Down Slow jog/Walk & stretch**

Running Ideas

To run cross country you need to be able to run 2.0, which is the distance of the race course. **You want to be able to run hard and compete for 2.0.** Therefore, to train, do not simply run 2.0 miles over and over and over. Listed below are some ideas for summer workouts

- **Distance Running**
 - If you've never run distance before or it's been a while since you've run long distance, start small and build up your endurance. Run 1 mile at least 3 times a week for a couple of weeks, then increase your distance to 1.5 miles for a week, then run 2 miles for a couple of weeks, etc. Keep increasing your distance by ½ a mile every week or two.
 - Vary your speed throughout the run and sprint the last 100 meters of every run. Pretend you're in a race!
 - Vary your running trails and paths. Have a flat course, one with a long and gradual hill, one with a short and steep hill, one with a long hill and a short steep hill, etc. Mix it up!
 - **Try to get to the point where you are comfortable running for 3 miles straight.** This will prepare you better for cross-country at the high school level, where the races are 3 miles.
 - **Two-a-Days** –try adding a light run in the evening in addition to your work-out run. This what the high school cross-country runners do in their summer workouts.
- **Interval Running**
 - Run a particular distance at a difficult pace, rest, repeat.
 - Example 1: **RUN** a 400 (one lap around the track) and then rest 1 minute (your rest should be walking or a slow jog, don't just stand). Then repeat this process 4-8 times.
 - Example 2: **RUN** 1 minute and walk or SLOW jog for 1 minute. Repeat 4-10 times
 - Example 3: **SPRINT** 30 seconds and then walk 1 minutes. Repeat 5-10 times.
- **C25K**
 - Do a Couch-to-5K program. There are lots of C25K plans on the Internet that can be found by doing a google search of "couch to 5K". There are also C25K apps you can download onto your phone that will even track your progress.
 - If you find the first few weeks of a C25K plan are too easy, feel free to skip ahead and start on Week 3, 4, 5...whatever level you feel comfortable starting at.
- **Sprints – Add sprint workouts if you are a returning runner or in the second half of the summer after you have built up endurance. A sprint is running full-out as hard as you can.**
 - Ladder of 100, 200, 400, 800, 800, 400, 200, 100 (can go up and back down)
 - Walk the amount you ran as your rest and then do the next step on the ladder.
 - Sprint for 30 – 45 seconds 3-5 times a couple of times a week.

Don't Forget to Build your Core Muscles! Here's how . . .

- Any Abs you like to do ☺ (Examples: Sit-ups, Crunches, Leg Raises, Planks, Push-ups . . .)
- Lunges and Squats-a great way to build up your leg muscles. Mix in walking & side lunges with squats.

****Road Races are fun! Summer weekends always have road races you can run in with your family or friends, a lot of them are for charity so you can do a good deed while working out.**

Long distance work out Ideas

Here is a sample of a Work-out Week

Day 1 - 40 minute workout

1. 10 minutes of easy running. (The [warm up run](#))
2. 1 minute hard, one minute easy x 5.
3. 5 minutes of easy running.
4. 1 minute hard, one minute easy x 5.
5. 10 minutes of easy running. (The [cool down](#))

Day 2 - 30 minute workout

Long Slow Distance- give yourself a long distance and run this at a slow pace for 30 minutes

Day 3 - 30 - 40 minute workout

1. Find a hill that isn't too steep, but is a good distance. I usually pick hills that are 1/8 to 3/4 of a mile long.
2. Run a good [warm up](#) on some flat ground. 10 – 15 minutes
3. Run up the hill at a brisk, steady pace.
4. Jog down the hill nice and easy.
5. Repeat! It's up to you to determine how many to run. (15- 20 minutes)
6. Run a [cool down](#) on flat ground. 5 minutes

Day 4 - Day of rest

Day 5 - Speed, Endurance Run

Jog warm up – 10 – 15 minutes

Sprint for 1 minute and 30 seconds

Jog 1 minute

Walk 1 minute

Repeat this 6 times

Jog Cool Down 5- 10 minutes