

Parents -

I have put together a summer running plan for the kids. I know many kids use cross country to condition for other sports or just to socialize and have fun. This is a great sport for that. Cross Country is a great way to get the kids outside, exercising, and making friends.

This plan is not mandatory, but will really prime the kids for the season. If your kids are ambitious and would like to excel in running, this schedule will help. This will prepare them to run their race distance (see below) without walking by the first day of practice. Please print the appropriate calendar below for your runner(s). They may want to record their distances or times.

Pre - k = .5K (0.3 miles)

1st - 4th = 1K (0.6 miles)

5th - 6th = 2K (1.2 miles)

7th - 8th = 3k (1.9 miles)

High school = 5K (3.1 miles)

Beginner (Recreational) High School Runners:

High school runners will run 5k (3.1 mile) races. This schedule will gradually build up your strength and endurance. By your first practice you will be able to run your race distance without walking. You are not required to do summer running, but it might make your season more fun. Feel free to tailor your own workouts.

Cross training suggestions: swimming, cycling, rock climbing, jumping on a trampoline, and hiking. These activities can help develop muscles that running ignores. Also, run on soft surfaces such as gravel and grass when possible.

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Rest	3 10 minute walk/run	4 Cross training 20 min	5 10 min. walk/run	6 Cross training 20 min	7 10 min walk/run	8 DISTANCE DAY: 15 min walk/run
9 Rest	10 10 min walk/run	11 Cross training 20 min	12 10 min walk/run	13 Cross training 20 min	14 10 min walk/run	15 DISTANCE DAY: 15 min walk/run
16 Rest	17 Eliminate walking - 10 min run	18 Cross training 20 min	19 10 min run	20 Cross training 20 min	21 10 min run	22 DISTANCE DAY 15 min run
23 Rest	24 15 min run	25 Cross training 20 min	26 15 min run	27 Cross training 20 min	28 15 min run	29 DISTANCE DAY 20 min run
30 Rest						

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 20 min run	2 Cross Training 20 min	3 20 min run	4 Cross Training 20 min	5 20 min run	6 DISTANCE DAY 30 min run/walk
7 REST	8 25 min run	9 Cross Training 30 min	10 25 min run	11 Cross Training 30 min	12 25 min run	13 DISTANCE DAY 30 min run/walk
14 REST	15 25 min run	16 Cross Training 30 min	17 25 min run	18 Cross Training 30 min	19 25 min run	20 DISTANCE DAY 30 min run/walk
21 REST	22 25 min run	23 Cross Training 30 min	24 25 min run	25 Cross Training 30 min	26 25 min run	27 DISTANCE DAY 30 min run
28 REST	29 30 min run	30 Cross Training 30 min	31 30 min run			

Motivated Distance High School Runners :

This summer training plan focuses on building endurance. Once the season starts we will concentrate more on speed, intensity, hills, and rough terrain running.

The Sunday box gives your weekly distance goals. Aim to run 5 days per week, the 6th day will be for cross training, and rest on the 7th.

Your long run miles are included in the total weekly distance. High school runners should do a long run once per week to increase endurance and improve aerobic fitness. This distance should be about 25 percent of your total weekly mileage. Some distance runners prefer to prescribe their long runs according to time rather than distance. I would suggest running for an hour once per week and increasing that time by 5 minutes per week not to exceed 90 minutes by the end of the summer.

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Total for Week 1: 15 miles	3	4	5	6	7	8
9 Total for Week 2: 20 Miles Long Run - 5 miles	10	11	12	13	14	15
16 Total for Week 3: 20 miles Long Run - 5 miles	17	18	19	20	21	22
23 Total for week 4: 27 miles Long Run- 7 miles	24	25	26	27	28	29
30 Total for Week 5: 27 miles Long Run- 7 miles						

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Total for week 6: 32 miles LongRun-8 mi	8	9	10	11	12	13
14 Total for week 7: 32 miles Long Run- 8 mi	15	16	17	18	19	20
21 Total for week 8: 38 miles Long Run- 9	22	23	24	25	26	27
28 Total for week 9: 40 miles Long Run-10 mi.	29	30	31	Team workouts begin!		

Cross training suggestions: swimming, cycling, rock climbing, jumping on a trampoline, and hiking. These activities can help develop muscles that running ignores. Also, run on soft surfaces such as gravel and grass when possible.

5th - 8th Grade Runners

Cross training suggestions: swimming, cycling, rock climbing, jumping on a trampoline, and hiking. These activities can help develop muscles that running ignores. Also, run on soft surfaces such as gravel and grass when possible.

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Rest	3 1/2 mile run/walk or 10min	4 Cross training	5 1/2 mile run/walk or 10 min	6	7 1/2 mile run/walk or 10 min	8 Cross training
9 Rest	10 1/2 mile run/walk or 10min	11 Cross training	12 1/2 mile run/walk or 10min	13	14 1/2 mile run/walk or 10min	15 Cross training
16 Rest	17 1 mile run/walk or 15 min	18 Cross training	19 1 mile run/walk or 15 min	20	21 1 mile run/walk or 15 min	22
23 Rest	24 1 mile run/walk or 15 min	25 Cross training	26 1 mile run/walk or 15 min	27	28 1 mile run/walk or 15 min	29
30 Rest						

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Eliminate walking this month.	1 1 mile(or 15 min) run	2 Cross training	3 1 mile(or 15 min) run	4	5 1 mile(or 15 min) run	6
7	8 1 mile(or 15 min) run	9 Cross training	10 1 mile(or 15 min) run	11	12 1 mile(or 15 min) run	13
14	15 2 mile (or 20 min) run	16 Cross training	17 2 mile (or 20 min) run	18	19 2 mile (or 20 min) run	20
21	22 2 mile (or 20 min) run	23 Cross training	24 2 mile (or 20 min) run	25	26 2 mile (or 20 min) run	27
28	29 2 mile (or 20 min) run	30 Cross training	31 2 mile (or 20 min) run	Team running begins!		