

## **Catholic High School Varsity Cross Country Summer Training Guide**

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**Warm up:** You can either use a GPS Watch or time yourself for the warmup. June/July is 5 minutes or .5-mile slow jog. In August change this to .75 mile or a 7-minute slow jog.

**Dynamic stretching:** For those who have done Track/XC before you know which ones we do. However, for those individuals new or want a refresher, here is a link that will help you stretch. ALWAYS do these before you do your main workout. This isn't everything that we normally do but it does a good job of getting most of them.

<https://www.youtube.com/watch?v=b1VONJMzltE>

After dynamic stretching please stretch whatever you need to at this point and do not forget to roll out your hips using a foam roller or something that you can roll on.

### **Goals for August:**

1. Be able to run nonstop (at any pace) for at least 45 minutes
2. Be able to run 3 miles under or as close to 30 minutes as possible
3. No injuries

Workouts: You may pick any of these

June (3 days a week) July (4 days a week) August (5 days a week)

1. Long distance run. Please no longer than 60 minutes. Obviously take breaks/water when needed. A minimum of 20 minutes in June and 40 minutes by July.
2. Tempo run (1 minute fast 2 minutes slow) Minimum time is 12 mins max is 30 mins.
3. Surge runs (3 mile run but you quicken the pace on the 2<sup>nd</sup> mile)
4. Hill repeats (only do this for 9 minutes so 3x3 minute intervals) take a few minutes off in between each repeat
5. 1 minute fast/1 minute slow, 2 minutes fast/1 minute slow, 3 mins fast/1 min slow etc. up to 5 minutes fast/1 minute slow.
6. 5 mins fast/1 min slow, 4 mins fast/1 min slow, etc. to 1 min fast/1 min slow

### **Core Stretches:**

Please be doing these to strengthen up your core muscles. Strong core lessens chances for injuries during the season. You can do any of the Pamela videos that we do during the year. You should be

doing these 3 times a week during the month of June and until July 15. After July 15 you should be doing this 4-5 times a week.

<https://www.youtube.com/user/PamelaRf1>

**Cool down:**

5-minute slow jog and static stretching. Ice is your friend and stay hydrated. Workouts in the morning are better for heat if you can.