



Cross Country Summer Workout

Cross Country races are typically three miles in length, over various terrain. In order to best prepare, in addition to running miles, athletes should do some interval training, hill training, and regular core workouts.

Short intervals: This interval workout is a fun one to do outside, whether on a track or road, but it can also be done on a treadmill. For your recovery intervals, go at an easy pace, which means a slow jog or walking:

1. **Warm up:** 5-minute easy jog including 1–3 30-second accelerations (strides)
2. **Run:** 30-second sprint
3. **Recover:** 1 minute at an easy pace
4. **Repeat:** Do the run/recover cycle for a total of 20 minutes
5. **Cooldown:** 5-minute easy jog

One of the best ways cross country runners can improve their strength, speed, and confidence is by running hills. Most cross country race courses feature some inclines, so running hills in training will also help you sharpen your racing skills.