

Summer Training Schedule for Carlton/Wrenshall Cross Country

Beginning runners, especially younger than 8th grade, need a base of general fitness before they begin training for racing. The following workout schedule should be followed with the knowledge that you should never progress to higher levels of training without completing the earlier week's schedule. Injuries in runners most often occur due to rushed training.

If you are already consistently running more than ten miles each week, begin at week five and work from there. Otherwise, make sure to start at week one and move through the schedule in order. This schedule is just an example to follow, so please feel free to change it up to fit your summer plans. Also, if the summer gets away from you and you find yourself in the first week of August and you haven't been running, PLEASE complete weeks 1 and 2 before **practice begins on Monday, August 16th**. You should be able to run a very comfortable 3 miles on the first day of practice.

Weeks 1 and 2 (5-7 miles)

Sunday: 1-2 miles jog

Monday: Rest

Tuesday: 1-2 mile jog

Wednesday: 20 minute walk

Thursday: 2 mile jog

Friday: 1 mile jog

Saturday: Cross train (biking, swimming, etc.)

Weeks 3 and 4 (7-9)

Sunday: 2-3 mile jog

Monday: Rest

Tuesday: 2 mile jog

Wednesday: 1 mile jog

Thursday: 2-3 mile jog

Friday: Cross Train

Saturday: 20 minute walk

Weeks 5 and 6 (10-12 miles)

Sunday: 3-4 mile jog

Monday: Rest

Tuesday: 2 mile jog

Wednesday: 1 mile jog

Thursday: 3-4 mile jog

Friday: 20 minute walk

Saturday: 1 mile run-**Keep your pace up!**

Weeks 7 and 8 (13-15 miles)

Sunday: 4-5 mile jog

Monday: Rest

Tuesday: 3 mile jog

Wednesday: 2 mile jog

Thursday: 3 mile jog

Friday: 20 minute walk or Cross Train

Saturday: 1 mile run-**Keep your pace up!**

Weeks 9 and 10 (17-19 miles)

Sunday: 5 mile jog

Monday: Rest

Tuesday: 3-4 mile jog

Wednesday: 1 mile run-**Keep your pace up!**

Thursday: 5-6 mile jog

Friday: 20 minute walk or cross train.

Saturday: 3 mile run-**Keep your pace up!**

A few important things to remember:

- ✓ Make sure to stretch before and after each run.
- ✓ A good habit to get into is doing crunches and push-ups each day. Your core strength will make you a better racer, and will make your runs much easier!
- ✓ A “jog” is a pace at which you are able to carry on a conversation, even if it is with yourself. Slow runs are still good runs!
- ✓ It may be helpful to train with a friend. It is usually more fun!

I am available to answer questions all summer long, so please don't hesitate to contact me. Our first day of practice will be Monday, August 16th at 9:00 am. I can't wait to see all of you then! Good luck!

Coach Holter
eholter@isd100.org

IMPORTANT:

1. Download the free *Remind* App.
2. Enter our “class” code **@cwxc**
3. Our class number is 81010
4. Name: RaptorsCC-21

ALSO: Please visit the school website for future updates. The **2021 Master Meet Schedule** has already been posted!

www.isd100.org → Athletics → Fall Sports → Cross Country