

Woodside Cross-Country Summer Training - 2016

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| 1. Week of: June 5-11 | Beginner | Day 1: 15 min exercise (1 min run/1 min walk). Day 2: Rest Day 3: 15 min exercise (1 min run/1 min walk). Day 4: Rest Day 5: 15 min exercise (1:30 min run/1 min walk). Day 6: 20 min exercise (1:30 min run/1 min walk). Day 7: Rest |
| | Intermediate | 4 days running: <ul style="list-style-type: none"> • 1 long run of 30 min • 1 fartlek and body weight circuit/core • 1 flat runs of 20-25 min • 1 hilly run of 20-25 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 45 min • 1 fartlek and body weight circuit/core • 2 flat runs of 35-40 min • 1 hilly run of 35-40 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| 2. Week of: June 12-18 | Beginner | Day 1: 15 min exercise (1:30 min run/1 min walk). Day 2: Rest Day 3: 15 min exercise (2 min run/1 min walk). Day 4: Rest Day 5: 15 min exercise (2 min run/1 min walk). Day 6: 25 min exercise (2 min run/1 min walk). Day 7: Rest |
| | Intermediate | 4 days running: <ul style="list-style-type: none"> • 1 long run of 30 min • 1 fartlek and body weight circuit/core • 1 flat runs of 25 min • 1 hilly run of 20-25 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 45 – 50 min • 1 fartlek and body weight circuit/core • 2 flat runs of 35-40 min • 1 hilly run of 35-40 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |

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| 3. June 19-25 | Beginner | Day 1: 20 min exercise (2 min run/1 min walk). Day 2: Rest Day 3: 20 min exercise (2 min run/1 min walk). Day 4: Rest Day 5: 20 min exercise (2:30 min run/1 min walk). Day 6: 30 min exercise (2:30 min run/1 min walk). Day 7: Rest |
| | Intermediate | 4 days running: <ul style="list-style-type: none"> • 1 long run of 35 min • 1 fartlek and body weight circuit/core • 1 flat runs of 25 min • 1 hilly run of 25 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 50 min • 1 fartlek and body weight circuit/core • 1 flat runs of 35-40 min • 1 hilly run of 35-40 min • 1 day running 10 min warm-up and then 4 laps on track where you stride the straights and slow jog curves, then 10 min cool down. • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| 4. Week of: June 26- July 2 | Beginner | Day 1: 20 min exercise (2 min run/1 min walk). Day 2: Rest Day 3: 20 min exercise (2 min run/1 min walk). Day 4: Rest Day 5: 20 min exercise (3 min run/1 min walk). Day 6: 30 min exercise (3 min run/1 min walk). Day 7: Rest |
| | Intermediate | 4 days running: <ul style="list-style-type: none"> • 1 long run of 35 min • 1 fartlek and body weight circuit/core • 1 flat runs of 25 min • 1 hilly run of 25 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 50-55 min • 1 fartlek and body weight circuit/core • 1 flat runs of 35-40 min • 1 hilly run of 35-40 min • 1 day running 10 min warm up, and then 4 laps on track where you stride the straights and slow jog curves, then 10 min cool down. • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |

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| 5. Week of: July 3-9 | Beginner | Day 1: 25 min exercise (3 min run/1 min walk). Day 2: Rest Day 3: 20 min exercise (3 min run/1 min walk). Day 4: Rest Day 5: 25 min exercise (3:30 min run/1 min walk). Day 6: 35 min exercise (3:30 min run/1 min walk). Day 7: Rest |
| | Intermediate | 4 days running: <ul style="list-style-type: none"> • 1 long run of 40 min • 1 fartlek and body weight circuit/core • 1 flat runs of 25-30 min • 1 hilly run of 25-30 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 55 min • 1 fartlek and body weight circuit/core • 1 flat runs of 35-40 min • 1 day 3x 3min 85%65%, then cool down • 1 hilly run of 35-40 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| 6. Week of: July 10-16 | Beginner | Day 1: 25 min exercise (3:30 min run/1 min walk). Day 2: Rest Day 3: 30 min exercise (4 min run/1 min walk). Day 4: Rest Day 5: 25 min exercise (4 min run/1 min walk). Day 6: 40 min exercise (4:30 min run/1 min walk). Day 7: Rest |
| | Intermediate | 4 days running: <ul style="list-style-type: none"> • 1 long run of 40 min • 1 fartlek and body weight circuit/core • 1 flat runs of 30 min • 1 hilly run of 30 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 55 min • 1 fartlek and body weight circuit/core • 1 flat runs of 35-40 min • 1 day 3x 3min 85%65%, then cool down • 1 hilly run of 35-40 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |

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| 7. Week of: July 17-23 | Beginner | Day 1: 30 min exercise (4:30 min run/1 min walk). Day 2: Rest Day 3: 25 min exercise (5 min run/1 min walk). Day 4: Rest Day 5: 30 min exercise (5 min run/1 min walk). Day 6: 40 min exercise (5 min run/1 min walk). Day 7: Rest |
| | Intermediate | 5 days running: <ul style="list-style-type: none"> • 1 long run of 45 min • 1 fartlek and body weight circuit/core • 2 flat runs of 25 min • 1 hilly run of 25 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 55-60 min • 1 fartlek and body weight circuit/core • 1 flat runs of 35-40 min • 1 run: go out for 20 min, turn around and return on the same route in 17-18 min (should run same distance on return faster) • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| 8. Week of: July 24-30 | Beginner | Day 1: 30 min exercise (5 min run/1 min walk). Day 2: Rest Day 3: 30 min exercise (6 min run/1 min walk). Day 4: Rest Day 5: 30 min exercise (6 min run/1 min walk). Day 6: 45 min exercise (6 min run/1 min walk). Day 7: Rest |
| | Intermediate | 5 days running: <ul style="list-style-type: none"> • 1 long run of 45 min • 1 fartlek and body weight circuit/core • 2 flat runs of 25 min • 1 hilly run of 25 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> • 1 long run of 60 min • 1 fartlek and body weight circuit/core • 1 flat runs of 35-40 min • 1 run: 10 min easy, 10 min comfortably hard, 10 min easy, then 10 min comfortable hard. • 1 hilly run of 35-40 min • Optional cross training 30-45 min (swim, bike, etc.) • A second day of body weight circuit/core |

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| 9. Week of: July 31 st -August 6 | Beginner | Day 1: 3 miles or 25 min non-stop run Day 2: Rest Day 3: 3 miles or 25 min non-stop run Day 4: Rest Day 5: 3 miles or 25 min non-stop run Day 6: 3 miles or 25 min non-stop run Day 7: Rest |
| | Intermediate | 5 days running: <ul style="list-style-type: none"> 1 long run of 45 min 1 fartlek and body weight circuit/core 2 flat runs of 25-30 min 1 hilly run of 25-30 min Optional cross training 30-45 min (swim, bike, etc.) A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> 1 long run of 60 min 1 fartlek and body weight circuit/core 1 flat runs of 35-40 min 2 hilly runs of 35-40 min Optional cross training 30-45 min (swim, bike, etc.) A second day of body weight circuit/core |
| 10. Week of: August 7-13 | Beginner | Day 1: 3 miles or 25 min non-stop run Day 2: Rest Day 3: 4 miles or 30 min non-stop run Day 4: Rest Day 5: 3 miles or 25 min non-stop run Day 6: 4 miles or 30 min non-stop run Day 7: Rest |
| | Intermediate | 5 days running: <ul style="list-style-type: none"> 1 long run of 45 min 1 fartlek and body weight circuit/core 2 flat runs of 30 min 1 hilly run of 30 min Optional cross training 30-45 min (swim, bike, etc.) A second day of body weight circuit/core |
| | Advanced | 5 days running: <ul style="list-style-type: none"> 1 long run of 55-60 min 1 fartlek and body weight circuit/core 1 flat runs of 35-40 min 1 run: go out for 20 min, turn around and return on the same route in 17-18 min (should run same distance on return faster) 1 hilly run of 35-40 min Optional cross training 30-45 min (swim, bike, etc.) A second day of body weight circuit/core |

Notes:

- **Beginner** is someone who has never previously run or done extensive exercise before, but wants to start running.
- **Intermediate** is for someone who may have been on team in the past or done a sport or has done some exercise at least 3-4 days a week, but has not been running consistently recently.
- **Advanced** is for someone who has kept up running since last season and runs at least 3 miles 5 days a week.
- The different levels are meant to get people back in shape for running before the season and to minimize/prevent injury. **If at some point in summer, you are starting to get hurt, SCALE BACK, and stop or drop a level.** We do not want you showing up to the start of the season with injuries.
- A **fartlek** run is one in which you go fast for about 3 minutes, then stride for a minute, then do a slow recovery jog for about 2-3 minutes, then repeat until your overall time is up.

Warm Up routine/Core:

You should be doing a thorough warm-up routine and stretching to increase flexibility. Doing drills, and stretching before and after runs will help you prevent injury.

You also need to start to develop your core. Doing a core circuit such as:

3 sets of each:

1. Mountain Climbers 30 sec.
2. Flutter Kicks 30 sec.
3. Push-ups

Regular planks and side planks are a great core strengthening exercise. But it requires you to work your way up. By the time you start the season, you should be up to at least 1 minute holding plank in good form. To develop, start holding it with good form for 10 sec. then rest 10 seconds, then repeat 3 times. Then everyday, increase by 5 seconds in holding it until you can do it for a minute non-stop.