Olympia Middle School Cross Country
Summer Training Plan – Returning Runners
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Welcome back to OMS cross country! I am excited that you have enjoyed this sport so much that you want to spend another season pushing your limits and finding that you can accomplish things you never thought possible. Taking the time in the summer to run will create a launching pad and will prepare you well for early season practices and meets, as well as create a solid base on which you may build your entire season upon. Here are a few guidelines before you hop into training…

1. **Have fun!**
   Please enjoy your summer break and all the swimming, vacationing, playing, and relaxing it brings. That being said, this training plan should take no more than 45 minutes of your time away from those fun activities each day that you run. Your workouts can be fun too! Run with a family member, friend, or dog; time moves much quicker when someone else is running/biking beside you.
2. **Build into your training**
   It is important to ease into training and to avoid doing too much too quickly. Do not worry about how fast you are running during the first couple weeks of training but instead focus on running the entire length of time without stopping.
3. **Take care of yourself**
   Water is your best friend! Be sure that you are drinking more water than you are other drinks. A little Gatorade or other sports drink is fine after a hot summer run as well. If at all possible, avoid running in the heat of the day and run in the morning or evening instead. Go through our warm-up drills before your run, & pend no less than 5 minutes stretching your muscles after a workout to prevent cramping, tight, and sore muscles.

**OMS Cross Country practice will begin on Monday, August 6th** and we will meet near the softball fields on the high school side of the building. **Practices will be Monday through Friday, 8AM to 9:30AM**, until after school practices begin. You will need to bring your own water bottle as hydration is very important during the hot and humid summer months! These summer practices are optional but highly recommended as they prepare you for and lead directly into after school practices.

**<u>Schedule</u>**

I suggest beginning these workouts as soon as you can so you might start the season strong, but obviously vacations, summer sports, and other plans may get in the way. Don't fret if

something gets in the way of completing or running one workout; hop back into the plan when you can! **Although I have included the suggested beginning week of June 3rd-9th, this plan may be started and followed whenever**. Workout and Rest Days (no running days – feel free to play another sport, bike, or swim on these days) may be rearranged to best fit your schedule.

**Week One (June 3-9th, 2018)**

- Sunday, June 3rd – Rest Day
- Monday, June 4th – Run 15 minutes comfortable
- Tuesday, June 5h – Rest Day
- Wednesday, June 6th – Run 15 minutes comfortable
- Thursday, June 7th – Rest Day
- Friday, June 8th – Run 15 minutes comfortable
- Saturday, June 9th – Run 20 minutes comfortable

**Week Two (June 10th - 16th, 2018)**

- Sunday, June 10th – Rest Day
- Monday, June 11th – Run 15 minutes comfortable
- Tuesday, June 12th – Rest Day
- Wednesday, June 13th – Run 20 minutes comfortable
- Thursday, June 14th – Rest Day
- Friday, June 15th – Run 20 minutes comfortable
- Saturday, June 16th – Run 25 minutes comfortable

**Week Three (June 17th – 23rd, 2018)**

- Sunday, June 17th – Rest Day
- Monday, June 18th – Run 20 minutes at a medium pace (should be difficult to speak in full sentences, about 75% effort)
- Tuesday, June 19th – Rest Day
- Wednesday, June 20th – Run 20 minutes comfortable
- Thursday, June 21st – Rest Day
- Friday, June 22nd – Run 20 minutes at a comfortable pace with 3 bursts of speed (not sprinting, just a pick up in the pace) lasting one minute each spread throughout the 20 minutes
- Saturday, June 23rd – Run 25 minutes comfortable

**Week Four (June 24th-30th, 2018)**

- Sunday, June 24th – Rest Day

- Monday, June 25th – Run 20 minutes comfortable
- Tuesday, June 26th – Rest Day
- Wednesday, June 27th – Run 25 minutes at 2 minutes faster (85-90% effort), 3 minutes comfortable, and repeat until you have run for 25 minutes total
- Thursday, June 28th – Rest Day
- Friday, June 29th – Run 20 minutes comfortable
- Saturday, June 30th – Run 30 minutes comfortable

**Week Five (July 1st- 7th, 2018)**

- Sunday, July 1st – Rest Day
- Monday, July 2nd – Run 25 minutes at a medium pace (about 75% effort)
- Tuesday, July 3rd – Run 20 minutes comfortable
- Wednesday, July 4th – Rest Day
- Thursday, July 5th – Run 25 minutes on a hilly route or with 5 bursts of speed lasting one to two minutes each spread throughout the 25 minutes
- Friday, July 6th – Rest Day
- Saturday, July 7th – Run 30 minutes comfortable

**Week Six (July 8-14th, 2018)**

- Sunday, July 8rd – Rest Day
- Monday, July 9th – Run 25 minutes comfortable
- Tuesday, July 10th – Rest Day
- Wednesday, July 11th – Run 30 minutes with 10 minutes comfortable warm-up, 10 minutes hard (80-85% effort), 10 minutes comfortable cool-down
- Thursday, July 12th – Rest Day
- Friday, July 13th – Run 25 minutes comfortable
- Saturday, July 14th – Run 30 minutes comfortable

**Week Seven (July 15th-21st, 2018)**

- Sunday, July 15th – Rest Day
- Monday, July 16th – Run 25 minutes comfortable
- Tuesday, July 17th – Rest Day
- Wednesday, July 18th – Run 30 minutes – 10 min comfortable warm-up, 15 minutes hard (80-85% effort), 5 minute comfortable cool-down
- Thursday, July 19th – Rest Day
- Friday, July 20th – Run 25 minutes comfortable
- Saturday, July 21st – Run 35 minutes comfortable

**Week Eight (July 22nd-28th, 2018)**

- Sunday, July 22nd – Rest Day
- Monday, July 23rd – Run 30 minutes comfortable
- Tuesday, July 24th – Rest Day
- Wednesday, July 25th – Run 30 minutes at 2 minutes faster (85-90% effort), 3 minutes comfortable, and repeat until you have run for 30 minutes total
- Thursday, July 26th – Rest Day
- Friday, July 27th – Run 25 minutes comfortable
- Saturday, July 28th – Run 35 minutes comfortable

**Week Nine (July 29th- August 4th, 2018)**

- Sunday, July 29th – Rest Day
- Monday, July 30th – Run 35 minutes comfortable
- Tuesday, July 31st – Rest Day
- Wednesday, August 1st – Run 30 minutes on a hilly route or with 5 bursts of speed lasting one to two minutes each spread throughout the 30 minutes
- Thursday, August 2nd – Rest Day
- Friday, August 3rd – Run 25 minutes comfortable
- Saturday, August 4th – Run 35 minutes comfortable