

# ROSLYN

# X=C

## Summer Training Plan

Welcome to the 2024 Summer Training Program for the 2024 Cross Country Team. This is a 10-week program designed to elevate your mileage slowly and build your fitness so you will be able to “hit the ground running” at the end of August.

The schedule is not set in stone, so you can adjust them to suit individual needs. The goal is to set a base for the season to avoid injury early on; keep in mind, we want to run our fastest at the end of the season, not the beginning. We welcome all levels of runners from the beginner to the advanced. Our program believes progress is the most important factor; and dedication to progress is what builds success.

Here are some tips to ensure you have successful summer training:

1. **Build your mileage slowly.** The rule of thumb is to increase by approximately 10% each week.
2. **Invest in a good pair of running shoes.** We recommend going to Runner’s Edge in Farmingdale. They are a running specific store that can offer advice on the appropriate shoes for your feet/stride. They also sell x-c spikes, which could be useful for the season.
3. **Be sure to fuel your body.** Hydrate, especially in the warm summer months, and be sure to eat to give your body plenty of energy to sustain it through runs/ workouts.
4. **Track your runs.** We use Strava, a free app, to keep track of our mileage. You can log your runs with a smart watch, gps watch, smartphone, or manually input the data after the run. Tracking your runs will help you see your progress, and give the coaches a good idea of your fitness level. You can follow Coach Hamilton [here](#).
5. **Run with friends or teammates.** There will be optional team runs this summer with Coach Hamilton. Dates, times, and locations will be announced on Google Classroom. Join [Google Classroom](#) (Class code: qq3b3tt)
6. **Register** for the season on [Family ID](#)
7. Make sure you have an up to date [physical](#) and [impact test](#).
8. **Practice officially begins August 26 on the RHS track at 8 am.** The first week will be as follows: Aug. 26- 8-10 am; Aug. 27- 8-10 am; Aug. 28- 8-10 am; Aug 29- 3-5 pm; Aug. 30- 8-10 am; Aug. 31- 8-10 am; 9/2- 8-10 am.
9. **Parent Meeting:** August 22 at 7 pm on [Zoom](#)

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# ↓ Pace/ Run Type Descriptions

- EASY:** Recovery pace, not ridiculously slow; an “as you feel” pace; “Talking” jog pace
- MODERATE:** The pace you go when you are on a “regular run;” It’s not hard, just a decent enjoyable effort
- LONG:** We aim to do one long run a week. These runs are done at a relaxed pace, no faster than moderate effort. The long runs will make you strong, both physically and mentally.
- TEMPO:** About 30 seconds per mile slower than your current 3 mile race pace (about 15 seconds slower than 1.5 mile pace for middle school runners). These runs should only be done on flat surfaces. “Comfortably hard” as we will call it, tempo workouts are the most important tool for improving your fitness and endurance. Also known as “Anaerobic Threshold Pace,” this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer.
- Strides:** Strides are about 100 meters at a relaxed, moderate+ pace. These are not an all out sprint, but are designed to help you loosen up and “feel fast”
- FARTLEK:** Swedish for “speed play,” these workouts build your ability to vary pace when you need to. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing. These workouts consist of timed bursts of near race pace with about equal amounts of easy recovery running in between.
- HILLS:** These workouts build strength and you will need it with the courses you race. Usually, hill work is done at close to race pace and is fairly short, concentrated effort.
- REPEATS/RACE PACE:** These are run at the pace you have most recently run a 3-mile (Varsity) or 1.5-mile (Middle School) race or the pace you plan to run in the next one.

**Phase 1: Base building**  
June 17 - July 21

**Phase 2: Strength building**  
July 22 - August 24

# Base Building Phase

Easy runs are for recovery; so don't push pace at all on those days because you don't want to burn out. If you have to take a day off, make it one of these recovery days, not a harder day, if at all possible. Miles are estimated- **Veteran runners should not be going over mileage.** Novice runners may be below total estimates.

Week	Number of runs/ minutes	Pace/ info	Est. mileage
<b>WEEK 1</b> 6/17-23	<ul style="list-style-type: none"> <li>● 3-4 runs of 20-25 minutes each                             <ul style="list-style-type: none"> <li>○ xt on off days</li> </ul> </li> </ul>	as you feel - DO NOT GO INTO TEMPO PACE  -find soft surfaces as often as possible	10-18 miles total  <ul style="list-style-type: none"> <li>● 2.5-3.5 miles each</li> </ul>
<b>WEEK 2</b> 6/24- 6/30	<ul style="list-style-type: none"> <li>● 4 runs of 25-35 minutes each                             <ul style="list-style-type: none"> <li>○ xt on off days</li> <li>○ add a "longer run," 35 min</li> </ul> </li> </ul>	as you feel - DO NOT GO INTO TEMPO PACE  -find soft surfaces as often as possible	15-24 miles total  <ul style="list-style-type: none"> <li>● 3-4.5 miles each</li> </ul>
<b>WEEK 3</b> 7/1-7/7	<ul style="list-style-type: none"> <li>● 4 runs of 30-40 minutes each                             <ul style="list-style-type: none"> <li>○ try to add one longer run, 40 min</li> <li>○ xt on off days</li> </ul> </li> </ul>	as you feel - DO NOT GO INTO TEMPO PACE  -find soft surfaces as often as possible	18-26 miles total  <ul style="list-style-type: none"> <li>● 3.5-5 miles each</li> </ul>
<b>WEEK 4</b> 7/8-7/14	<ul style="list-style-type: none"> <li>● 4 runs of 30-45 minutes each                             <ul style="list-style-type: none"> <li>○ try to add one longer run, 45 min</li> <li>○ xt on off days</li> </ul> </li> </ul>	as you feel - DO NOT GO INTO TEMPO PACE  -find soft surfaces as often as possible	20-28 total  <ul style="list-style-type: none"> <li>● 3.5-5.5 each</li> </ul>
<b>Week 5</b> 7/15-21	<ul style="list-style-type: none"> <li>● 4 runs of 25-35 minutes                             <ul style="list-style-type: none"> <li>○ This is a down mileage week to allow for some recovery</li> </ul> </li> </ul>	as you feel- No Tempos; mix easy and moderate runs.	16-24 miles total  <ul style="list-style-type: none"> <li>● 3-4.5 miles each</li> </ul>

# Strength Building Phase

Miles are estimated- **Veteran runners should not be going over mileage.** Novice runners may be below total estimates.

Week	Run Time	Pace/ info	Est. Mileage
<b>WEEK 6</b> 7/22-28	<ul style="list-style-type: none"> <li>● 5 runs 35-50 minutes               <ul style="list-style-type: none"> <li>○ add one longer run, approximately 50 min.</li> <li>○ add one tempo run for 15 minutes</li> <li>○ xt on off days</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Mix easy and moderate runs.</li> <li>● For the tempo, warm up easy, then hold 15 minutes at a faster “comfortably hard pace” (approximately 30 seconds per mile slower than your 5k pace)</li> <li>● Long run should be easy.</li> </ul>	22-26 miles total <ul style="list-style-type: none"> <li>● 4-6 miles each</li> </ul>
<b>WEEK 7</b> 7/29-8/4	<ul style="list-style-type: none"> <li>● 5-6 runs 30-55 minutes               <ul style="list-style-type: none"> <li>○ add one fartlek</li> <li>○ add one long run, approx. 55 min</li> <li>○ add some hills in</li> <li>○ xt on off days</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Fartlek: 1 min hard, 1 min easy x 6-8, warm up and cool down</li> <li>● Long run: easy</li> <li>● Hills: either incorporate into a run, or add 6x hill pushes, walk down</li> </ul>	24-28 miles total <ul style="list-style-type: none"> <li>● 3.5-7 miles each</li> </ul>
<b>WEEK 8</b> 8/5-8/11	<ul style="list-style-type: none"> <li>● 6 runs of 35-60 minutes               <ul style="list-style-type: none"> <li>○ add a long run, approx 60 min</li> <li>○ add a fartlek or tempo</li> <li>○ xt on off days</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Fartlek- 1 min hard, 1 min easy x 6-8, warm up and cool down</li> <li>● All other runs as you feel/ easy</li> </ul>	26-30 miles total <ul style="list-style-type: none"> <li>● 4-8 miles each</li> </ul>
<b>WEEK 9</b> 8/12-18	<ul style="list-style-type: none"> <li>● 5-6 runs of 30-45 minutes               <ul style="list-style-type: none"> <li>○ add long run, 45 min</li> <li>○ xt on off days</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● This is a recovery week; keep all runs easy</li> </ul>	24-28 miles total <ul style="list-style-type: none"> <li>● 3.5-5 miles each</li> </ul>
<b>WEEK 10</b> 8/19-25	<ul style="list-style-type: none"> <li>● 6 runs of 35-55 minutes               <ul style="list-style-type: none"> <li>○ Add a fartlek</li> <li>○ Add long run, 55 min</li> <li>○ xt on off days</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Fartlek- 1 min on, 1 min off x 8-12 , warm up and cool down</li> <li>● all other runs easy/ as you feel</li> </ul>	30-34 miles total <ul style="list-style-type: none"> <li>● 4.5-7 miles</li> </ul>
<b>8/26</b>	<ul style="list-style-type: none"> <li>● FIRST DAY OF PRACTICE</li> </ul>	<ul style="list-style-type: none"> <li>● Meet at the track</li> <li>● 8-10 am</li> </ul>	

# Strength & Conditioning

In addition to running, we recommend adding in some strength training. You can add these exercises on off days, or after runs. If you do not have access to weights, most exercises can be modified to be body weight only.

Day 1	Day 2	Day 3
<p><b>Plyos:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">Jump squats</a> 3x10</li> <li>● <a href="#">Pogo hops</a> (3x10)</li> <li>● <a href="#">Forward Step up- hop, knee drive</a> (3x10)</li> <li>● <a href="#">Burpees</a> (3x10)</li> <li>● Pull ups</li> <li>● Barefoot walking drills:               <ul style="list-style-type: none"> <li>○ On your heels forward</li> <li>○ On your toes backward</li> <li>○ On the outside of feet</li> <li>○ on the inside of feet</li> <li>○ Toes pointed in</li> <li>○ Toes pointed out</li> </ul> </li> </ul>	<p><b>Core:</b></p> <ul style="list-style-type: none"> <li>● <a href="#">Bird dogs</a> (3x10)</li> <li>● <a href="#">Knees to elbows</a> in high plank (20-60 seconds x 3)</li> <li>● <a href="#">Side plank</a> (20-60 seconds x 3)</li> <li>● <a href="#">Single leg glute bridges</a> (3x10)</li> <li>● <a href="#">Donkey Kicks</a> (3x10)</li> <li>● <a href="#">Fire Hydrants</a> (3x10)</li> <li>● push ups (3x10)</li> </ul>	<p><b>Lifting (for experienced runners and lifters only):</b></p> <ul style="list-style-type: none"> <li>● <a href="#">Turkish Get up with Kettle bell or dumbbell</a> (3x6 each side)</li> <li>● <a href="#">Weighted squat</a> (bar, KB or DB) (3x6)</li> <li>● <a href="#">Romanian Dead lift</a> (3x6)</li> <li>● <a href="#">Shoulder press</a> (3x6)</li> <li>● <a href="#">Eccentric Calf raises</a> (3x10)</li> </ul>

