

Lansing Varsity Cross Country

Summer 2021 Training Guidelines

The schedule below is a suggested guideline to help you prepare for the upcoming varsity cross-country season. Summer training is **STRONGLY** recommended. The work (or lack thereof) that you put into your summer training will be apparent when the season begins. The intent of summer training is to prepare you for a strong, injury-free season. Have fun, stay active, and be safe!

Consider joining Finger Lakes Fleet (fingerlakesfleet.com) **for track-based workouts all summer.**

STRAVA will be our team's training log of choice once again.

IMPORTANT NOTES:

- Ideally, you will log **most** of this aerobic activity **running outdoors**. When running, choose softer surfaces like trails, grass, or packed dirt on road shoulders when possible. Abide by all public health directives including social distancing and/or wearing a mask when necessary.
- **Cross-training** is a great option to keep your fitness routine **fun** and **to avoid injury**.
- **AT ALL TIMES:** Run on the left side of the road, carry your ID and/or cell phone, and run in daylight and/or while wearing reflective gear. Avoid running and cross-training in isolated areas, and always tell a trusted adult where you will be running. Safety must be prioritized.

For your overall health and the success of your season, it is critical that you build up slowly (even if you only get through a few weeks of this programming!) Therefore:

- ★ If you have never run before or are joining us after a long break from running: **WELCOME!** There is a place for everyone to set goals and achieve them on this team. Starting with a mix of walking and jogging is recommended for our first-time runners as well as alternating cross-training with these walk/jogs. If you have never run before, your first goal is to work up to Week 1 of the program listed below. Please email Coach Becca (coachbeccalovenheim@gmail.com) so we can make sure your training program works for you and also so that you can be added to team email lists.
- ★ If you do not complete a full week of training, do **NOT** move on to the next week. Instead, repeat the week and move on when it is completed. (For example, if you go on vacation during week 3 and can only work out for two days that week, do not move on to week 4. Repeat week 3 and then move on when it is fully completed.)
- ★ If a week of training feels particularly challenging, feel free to go back to an earlier week, to repeat the week, or to modify workouts. You can always contact one of our upperclassmen or a coach with questions!
- ★ Interval workouts are **OPTIONAL** and recommended only for those athletes who have experience with interval training.
- ★ If you are a first-time varsity cross country runner, or if you have been away from running for more than a season, stick to the rookie summer training schedule. Contact the coach before moving on to the veteran schedule.
- ★ If you have been running at the championship level through outdoor track, you can plan to start with the veteran schedule. Be ambitious with your goals and realistic about the work you need to do in order to achieve them.

Lansing Varsity Cross Country 2020 Rookie Summer Training

Log your miles on Strava (join the Finger Lakes Fleet club!)

Daily:
Stretch!

4-6 times/week:
Barefoot Drills

2-3 times/week:
10-20 min core and mechanics

Numbers refer to minutes of running **or** cross-training:

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total Min
Week 1	25-30	25-30 or cross-train	30-35 easy	off	30-35	30	off	140-160
Week 2	30-35	30-35 or cross-train	30-35 easy	off	35-40	30	off	155-175
Week 3	30-35	30-35 or cross-train	35-40 easy	20 or off	35-40	40	off	170-210
Week 4	35-40	30-35 or cross-train	35-40 easy	20 or off	35-40	40 Option: add 4-8x30 seconds hard/easy mid run	off	175-215
Week 5	40-45	30-35 min run or cross train OR: At track: Easy jog 400, tempo (fast enough that you could talk but don't really want to) for 3 laps, walk/jog for 1 lap, tempo for 3 laps, walk/jog for 1 min, tempo for 3 laps, walk/jog to cool down	35-40 easy	25 or off	35-40	40-45 Option: Run at Plantations or route with ~200M hill. Add hill reps (up hard, walk down) midrun	off	180-230
Week 6	40-45	30-35 min run or cross train OR: At Track: 5-10 min warmup 3-5x1200 @ 5K pace, 3-5 min rest between 5 min cooldown	40-45 easy	25 or off	35-40	40-45 Option: 5-10 min easy, run 5K at 80%, finish with easy effort	off	185-235
Week 7	40-45	30-35 min run or cross train OR: At track: Easy jog 400, tempo for 3 laps, walk/jog for 1 lap, tempo for 3 laps, walk/jog for 1 min, tempo for 3 laps, walk/jog to cool down	40-45 easy	30 or off	40-45 (Option: Add hill reps)	45-50	off	195-250
Week 8	45-50	30-35 min run or cross train OR: At track: 5-10 min warmup 2-3x(mile@5K pace+20seconds. In other words, just slower than 5K pace) 400 jog between 5-10 min cooldown	40-45 easy	30 or off	40-45 (Option: Add some pickups midrun)	50-60	Off	205-265

Lansing Varsity Cross Country

2021 Veteran Summer Training

Log your miles on Strava (join the Finger Lakes Fleet club!)

Daily: Barefoot drills, stretch.

Numbers refer to **mileage**. You can substitute cross-training for the equivalent number of minutes it would take you to run the mileage. (Add 10-20% to those minutes – so if you would run 5 miles in 40 minutes, plan to cross train for 44-48 minutes.)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	TOTAL (Mileage)
						Long Run = 20% wkly mileage		
Week 1	FC #1 2.5-4 miles easy 5 min core	4-5 miles steady SC #1	FC #2 2.5-3 miles easy 5 min core	4 miles easy. Include 4x20/60 second on/off sprints in middle SC #2	FC #1 2-2.5 miles or off	3-5 miles steady effort	3 mi shakeout or off	18-26.5 miles
		FLF 6-7:30pm ↓		FLF 6-7:30pm ↓				
Week 2	FC #1 3-5 miles easy 5 min core	4-5 miles Includes 2 mile TT and pace analysis SC#1	FC #2 2.5-4 miles easy 5 min core	4-5 miles easy Includes flying 30s and technique work SC #2	FC #1 2-2.5 miles or off	3.5-6 miles steady effort	3 mi shakeout or off	18.5-30.5 miles
Week 3	FC #1 3-5.5 miles easy 5 min core	5-6 miles Includes lactate threshold workout SC#1	FC #2 3-4 miles easy 5 min core	4-6 miles Includes flying 30s and technique work SC#2	FC #1 2.5-3.5 miles or off	3.5-6.5 miles steady effort	off	18.5-31.5 miles
Week 4	FC #1 3.5-6 miles easy 5 min core	7/20: FLRC Meet 5 miles total	FC #2 3-4.5 miles easy 5 min core	4.5-6 miles Includes lactate threshold work SC#2	FC #1 2.5-3.5 miles or off	4-7 miles steady effort	3 mi shakeout or off	20-35 miles
Week 5	FC #1 4-6 miles easy 10 min core	6-7 miles Includes VO2 Max workout SC#1	FC #2 3.5-5 miles easy 10 min core	4.5-6 miles Includes lactate threshold work SC#2	FC #1 3-4 miles or off	4.5-7.5 miles steady effort	3 mi shakeout or off	22.5-38.5 miles
Week 6	FC #1 4-6 miles easy 10 min core	6-7 miles Includes VO2 Max workout SC#1	FC #2 4-6 miles easy 10 min core	5-6.5 miles Includes lactate threshold work SC#2	FC #1 3-4 miles or off	5-8 miles steady effort	off	24-37.5 miles
Week 7	FC #1 4-7 miles easy 10 min core	6-7 miles Includes lactate tolerance workout SC#1	FC #2 4-6 miles easy 10 min core	6-7 miles Includes VO2 Max workout	FC #1 3-4 miles or off	5-8 miles steady effort	3 mi shakeout or off	25-42 miles
Week 8	FC #1 5-7 miles easy 10 min core	8/17: FLRC Meet 7 miles total	FC #2 4-6 miles easy 10 min core	6-7 miles Includes VO2 Max workout	FC #1 3-4 miles or off	6-10 miles steady effort	3 mi shakeout or off	28-44 miles

Fitness Circuit #1 (FC #1)

100m jog between each:
10x eagles on chest, heel to hand
10x eagles on back, toe to hand
5x leg raises on side (toe N/U/D)
10x scoops
10x scorpions
10x pushups
10x low reach crunch
10x alternating superman

Strength Circuit #1 (SC #1)

3 x 8-10 reps each. Ideally, heavy weight. Use gallon containers if needed.

- Renegade rows
- Squat to overhead press
- Bicep curls
- Dead lift
- Tricep press
- Upright row
- Double leg box jump (no weight)
- Pull ups (assisted as needed)

10 min core
Barefoot drills & stretch

Fitness Circuit #2 (FC #2)

100m jog between each:
10x bent knee windshield wipers, feet on ground
10x hand to elbow plank
10x pistons on back
10x clamshell
10x side crunch
10x forward lunges
10x hurdle position leg lifts
10x mountain climbers

Strength Circuit #2 (SC #2)

3 x 8-10 reps each. Ideally, heavy weight. Use gallon containers if needed.

- Bench press
- Walking lunge with overhead press
- Bent rows
- 60s running arms
- Single leg squat to bench
- Step ups with knee drive
- Pull ups (assisted as needed)

10 min core
Barefoot drills & stretch

