



# 2013 GOSHEN CROSS COUNTRY



## Summer Running Log 2013

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total miles
<b>suggested workout:</b>	<i>tempo run</i>	<i>speed workout</i>	<i>easy run/cross tr</i>	<i>hill workout</i>	<i>easy/short run</i>	<i>long run</i>	<i>rest/cross train</i>	
<b>WEEK 1</b> Week of June 24 <sup>th</sup>								
<b>WEEK 2</b> Week of July 1 <sup>st</sup>								
<b>WEEK 3</b> Week of July 8 <sup>th</sup>								
<b>WEEK 4</b> Week of July 15 <sup>th</sup>								
<b>WEEK 5</b> Week of July 22 <sup>nd</sup>								
<b>WEEK 6</b> Week of July 29 <sup>th</sup>								
<b>WEEK 7</b> Week of August 5 <sup>th</sup>								
<b>WEEK 8</b> Week of August 12 <sup>th</sup>								

### Notes:

- In the beginning of summer, you should ease into cross country training. Start with 20-25 miles per week.
- If you've already been running throughout the spring, start with 30-35 miles per week.
- By mid-summer, you should be training 40 - 50+ miles per week.
- Do a variety of workouts (interval, tempo, speed, hills, fartleks, cross train). For a detailed explanation of each workout and more specific training plan, visit our website.
- For those who are well-trained and in ideal shape, you should be running 2x per day and increasing miles (50 - 75+).
- The best training takes place with teammates. Athletes should be meeting at least 3x per week, if not 5-6 days.

**\*\*First Day of Practice is Monday, August 19<sup>th</sup>\*\***