

2010 Milton Cross Country Summer Training Schedule/Training Guide

Duration: 12 weeks (May 22-August 16)

***Below you will find the recommended training guidelines for summer training. Select a training group based on your ability level.

PER WEEK:

GROUP 1: Average daily mileage 7-8 miles (1hr of running, on average, per day) 50-60mpw
3 days of easy runs of 45-60 minutes
1 day of easy run of 70 minutes
1 day LONG RUN-70 to 100 minutes of easy running
1 day 35-45 minute steady/tempo run (harder/faster paced run)
1 day off, no running, alternate exercise (swim, bike, etc)
Goal: Up to 600 miles (50 mpw for 12 weeks)

GROUP 2: Average daily mileage 5-6 miles (45-55 min of running, on average, per day) 35-45 mpw
3 days of easy runs of 40-45 minutes
1 day of easy run of 60 minutes
1 day LONG RUN-60 to 90 minutes of easy running
1 day 25-35 minute steady/tempo run (harder/faster paced run)
1 day off, no running, alternate exercise (swim, bike, etc)
Goal: Up to 420 miles (35 mpw for 12 weeks)

GROUP 3: Average daily mileage 3-4 miles (25-40 min of running, on average, per day) 20-30 mpw
4 days of easy runs of 25-35 minutes
1 day LONG RUN-50 to 80 minutes of easy running
2 days off, no running, alternate exercise (swim, bike, etc)
Goal: Up to 240-360 miles (20-30 mpw for 12 weeks)

GROUP 4: Average daily mileage 1-3 miles (10-20 min of running, on average, per day) up to 20mpw
3 days of easy runs of 15-20 minutes
1 day LONG RUN-up to 45 minutes at most of easy running
3 days off, no running, alternate exercise (walk, swim, bike, etc)
Goal: Up to 240 miles (20 mpw for 12 weeks)

***Keep a Summer Running Log – you will receive lettering points for doing so!

***This is the basis for your entire cross country season. Without this summer training you **WILL** be behind many of your teammates & competitors. In addition, the possibility of injury will be greater if you do not train during the summer. It is very important that you train this summer!

MPW = Miles per Week