



JHS XC- Summer Training

June - July 2026

Varsity Running Pace:

*Boys – 7:30/mile

*Girls – 8:20/mile

Stamina – 1 min slower than race pace

Tempo – 30 sec slower than race pace

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Recovery	1	Recovery	2	Recovery	3	Recovery	4	Recovery	5	Aerobic	6	
JUNE Beginner: 2 miles Advanced: 4 miles		Beginner: 1.5 miles Advanced: 3 miles		Beginner: 2 miles Advanced: 4 miles		Beginner: 1.5 miles Advanced: 3 miles		Beginner: 2 miles Advanced: 4 miles Weights		Rest/3 miles		Total Weekly Miles: (12-21)
Aerobic	8	Recovery	9	Trail	10	Recovery	11	Fartlek	12	Recovery	13	
Beginner: 2 miles Advanced: 4 miles		Beginner: 1.5 miles Advanced: 3 miles		Wrangler Trailhead Beginner: 20 min/2 miles Advanced: 4 miles		Beginner: 1.5 miles Advanced: 3 miles		Beginner: 20 min Advanced: 2 min ON 3 min OFF Interval for 30 min		Rest/4 miles		Total Weekly Miles: (14-22)
Aerobic	15	Recovery	16	Trail	17	Recovery	18	Fartlek	19	Recovery	20	
Beginner: 3 miles Advanced: 5 miles w/ three 3 min pushes		Beginner: 2 miles Advanced: 4 miles		Temple Quarry Beginner: 25 min/3 miles Advanced: 5 miles		Beginner: 2 miles Advanced: 4 miles		Beginner: 20 min Advanced: 2.5 min ON 2.5 min OFF Interval for 30 min		Rest/4 miles		Total Weekly Miles: (17-26)
Aerobic	22	Recovery	23	Trail	24	Recovery	25	Fartlek	26	Recovery	27	
Beginner: 3 miles Advanced: 5 miles		Beginner: 2 miles Advanced: 4 miles		Hidden Valley Beginner: 30 min/3 miles Advanced: 5 miles		Beginner: 3 miles Advanced: 5 miles		Beginner: 20 min Advanced: 3 min ON 2 min OFF Interval for 30 min		Rest/5 miles		Total Weekly Miles: (19-28)
Recovery	29	Tempo	30	Recovery	1	Fartlek	2	Aerobic	3	Aerobic	4	
JULY Beginner: 4 miles Advanced: 6 miles (Moratorium Week)		Beginner: +1 mile cooldown Advanced: 2x2 (1.5) mile tempo w/3 min rest + 2 mile cool down run		Beginner: 2.5 miles Advanced: 4 miles		Beginner: 27 min Advanced: 2 min ON 1 min OFF Interval for 36 min		Beginner: 4 miles Advanced: 6 miles		Happy 4th of July! Rest/5 miles		Total Weekly Miles: (20-31)
Recovery	6	Tempo	7	Trail	8	Stamina	9	Recovery	10	Long Run	11	
Beginner: 4 miles Advanced: 6 miles		Beginner: +1 mile cooldown Advanced: 3x12 min tempo runs w/3 min rest + 2 mile cool down		Temple Quarry Beginner: 4 miles Advanced: 5 miles		Beginner: 3.5 miles Advanced: 6 miles		Beginner: 3 mile stamina Advanced: 4 mile stamina		Beginner: 5 miles Advanced: 8 miles		Total Weekly Miles: (23-35)
Recovery	13	Aerobic	14	Trail	15	Fartlek	16	Recovery	17	Long Run	18	
Beginner: 4 miles Advanced: 7 miles		Beginner: mile repeats Advanced: mile repeats		Hidden Valley Beginner: 3 miles Advanced: 5 miles		Beginner: 3 miles Advanced: 5 miles		24 minute Fartlek – 2 on 1 off Advanced: + 2 miles		Beginner: 5 miles Advanced: 8 miles		Total Weekly Miles: (21-33)
Recovery	20	Aerobic	21	Recovery	22	Tempo	23	Recovery	24	Long Run	25	
XC CAMP Beginner: 4 miles Advanced: 8 miles		XC CAMP Beginner: 4x1000 Advanced: 5x1000		XC CAMP Beginner: 4 miles Advanced: 6 miles		Beginner: 4 miles Advanced: 6 miles		Beginner: 4 miles Advanced: 6 miles		Runathon Beginner: 3 mile progression run Advanced: 5 mile progression run		Total Weekly Miles: (23-36)
Aerobic	27	Speed	28	Trail	29	Fartlek	30	Recovery	31	Time Trial	1	
Beginner: 5 miles Advanced: 8 miles		Beginner: 4x400, 2x800, 1mile Advanced: Pyramid: 4x400, 2x800, 1mile, 2x800, 4x400		Temple Quarry Beginner: 3 miles Advanced: 5 miles		Beginner: 4 miles Advanced: 6 miles		Beginner: 25 min Advanced: 3 min ON 2 min OFF Interval for 30 min		2-mile time trial Beginner: 4 miles Advanced: 6 miles		Total Weekly Miles: (24-36)
Recovery	3	Tempo	4	Trail	5	Fartlek	6	Aerobic	7	Race	8	
AUGUST Beginner: 4 miles Advanced: 6 miles		Beginner: 1 mile cooldown Advanced: 2x2 (1.5) mile tempo w/3 min rest + 2 mile cool down run		Hidden Valley Beginner: 2.5 miles Advanced: 4 miles		Beginner: 4 miles Advanced: 6 miles		Beginner: 27 min Advanced: 2 min ON 1 min OFF Interval for 36 min		Premier XC Invite		Total Weekly Miles:

