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 tempos 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 tempos 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: