

2023 KW Summer XC Training Program

Warm Up run of between 0.5 - 1.0 mile each day before stretching.
 Always cool down 0.5 - 1.0 mile (can be part of the easy run but at a much slower pace).
 Keep a log (for yourself) of your daily mileage.
 Purchase a watch (fitbit, garmin, etc.) that will help you keep track of your mileage.

Monday and Friday workouts should end with Striders (4x100m)

Veteran Runners use the suggested mileage as your daily goal.

Newcomers use the time as your daily goal...ultimate goal is to be able to run 3.1 miles without stopping.

	Alone or Team Run	Alone or Team Run	Alone or Team Run	Alone or Team Run	Alone or Team Run	RUN EITHER DAY BUT NOT BOTH		WEEKLY MILEAGE
			REST DAY	6:00 AM Crosby Track		BODY NEEDS REST		
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Mileage
1 7/3 - 7/9	Easy Run 5 miles 15-20 min.	Easy Run 5 miles 15-20 min.	REST DAY	Easy Run 5 miles 15-20 min.	Easy Run 5 miles 15-20 min.	Long Run 60 min. to 8 miles 30 min. or 4 miles		
2 7/10 - 7/16	Easy Run 5 miles 15-20 min.	Easy Run 5 miles 15-20 min.	REST DAY	6:00 am Crosby fartlek	Easy Run 5 miles 15-20 min.	Long Run 65 min. to 8 miles 30 min. or 4 miles		
3 7/17 - 7/23	Easy Run 5 miles 15-20 min.	Easy Run 5 miles 15-20 min.	REST DAY	6:00 am Crosby fartlek	Easy Run 5 miles 15-20 min.	Long Run 65 min. to 8 miles 30 min. or 4 miles		
4 7/24 - 7/30	Easy Run 5/6 miles 20-30 min.	Easy Run 5/6 miles 20-30 min.	REST DAY	6:00 am Crosby fartlek	Easy Run 5/6 miles 20-30 min.	Long Run 9 miles 30 min. or 5 miles		
5 7/31 - 8/6	Easy Run 5/6 miles 20-30 min.	Easy Run 5/6 miles 20-30 min.	REST DAY	6:00 am Crosby fartlek	Easy Run 5/6 miles 20-30 min.	Long Run 9 miles 30 min. or 5 miles		
6 8/7 - 8/13	Easy Run 6/7 miles 20-30 min.	Easy Run 5/6 miles 20-30 min.	REST DAY	6:00 am Crosby fartlek	Easy Run 5/6 miles 20-30 min.	Long Run 9/10 miles 30 min. or 6 miles		
7 8/14 - 8/20	Easy Run 6/7 miles 20-30 min.	Easy Run 5/6 miles 20-30 min.	REST DAY	6:00 am Crosby fartlek	Easy Run 5/6 miles 20-30 min.	Long Run 9/10 miles 30 min. or 6 miles		

First official day of practice is Monday, August 21ST. Meet at 9:00 KW Softball Complex.

All paperwork must be handed in to the KW nurse and through Final Forms (physical, update, med. release) prior to the first practice.

Information will be shared through xc website, twitter, and/or email.