



# 2025 SFHS CROSS COUNTRY SUMMER PRACTICE SCHEDULE

**All practices are optional, but attendance is encouraged because:**

- Running with groups makes it easier and more fun!
- Getting it over in the coolest time of the day is healthier and safer.
- Success will result in the fall!!!
- There will be time trials and you have to pass in order to make the team.

The chart below indicates our practice schedule for the summer. We will offer practices Monday, Wednesday, Friday most weeks from 7:00~8:30 AM. Practices on Monday's will be at Fowler Park. The location for Wednesday practice will be at Chattahoochee Park.

<b>WEEK (Mon-Sun)</b>	<b>Mon</b>	<b>Wed.</b>	<b>Fri</b>
June 2-6	Fowler	Chattahoochee	Fowler
June 9-13	Fowler	Chattahoochee	Fowler
June 16-20	Fowler	Chattahoochee	Fowler
June 23-27	Fowler	Chattahoochee	Fowler
<i>June 30-July 4</i>	Dead Week	Dead Week	Dead Week
Jul 7-11	Camp Week	Camp Week	Camp Week
Jul 14-18	Fowler	Chattahoochee	Fowler
Jul 21-July 25	Fowler	Chattahoochee	Fowler

- **MANDATORY PRACTICES start on July 29th**
- **SCHOOL STARTS – August 1st.**



## South Forsyth CROSS COUNTRY 2025

### Summer Practice Schedule and Training Guidelines

#### Training Guidelines:

All Track distance runners should take a break after track training of 2 weeks (please cross-train and/or strength train during the break). After the break (which should take place in April or May depending on the runner), please follow the guidelines set forth below. Training weeks should run from Monday through Sunday. **Please be accurate with your training paces per mile (assess on your own or use Garmin, etc.).**

Level	daily mileage	weekly	monthly	8-week summer
1.	3-5 miles x 4-5 days	15-20 miles	60-80 miles	120-160
2.	4-5 x 5 days	20-25	80-100	160-200
3.	5-7 x 5-6	25-35	100-140	200-280
4.	5-7 miles x 5-7 days	30-40	120-160	240-320
5.	5-7 x 5-7 days	35-45	140-180	280-360
6.	6-8 miles x 6-7 days	40-50	160-200	320-400
7.	7-9 miles x 6-7 days	50-60	200-240	400-480
8.	8-10 mile x 6-7 days	55-70	220-280	440-560 (need 2 a days)

Please be sure to count mileage on warm-ups and cool-downs for workouts in your totals. Please ask the coaches when you have questions – that is why we are here.

#### **SFHS XC TRAINING PROGRAM** CONSISTENCY - VOLUME - INTENSITY

#### **If you expect to be prepared for the season, then any training program should fall within the bounds of the following:**

After 10-14 days off (preferably alternative exercise consisting of biking, swimming, etc.) from Track, athletes should follow the chart listed below building a volume of miles slowly from week to week.

<u>Training level</u>	<u># of runs</u>	<u>Minutes per run</u>		<u>Minutes long run</u>	<u>Notes</u>
a	4	12-20			Mileage: beg. 5- 8 beginners 1st year running
b	4	15-25			Mileage: beg. 6-12
1	4	20-30			Every other day – <b>veterans start here!</b>
2	5	25-35			<b>Varsity veterans may start here.</b>
3	5-6	30-40			Mileage range: beg.15-vet.30
4	5-7	35-45			Mileage range: beg.18-vet.40
5	5-6	40-50	+	60-65	Add long run as 6th or 7th day of the week run
6	5-6	45-55	+	60-70	Add workouts (1 tempo and 1 fartlek per week)
7	5-6	50-60	+	65-75	Add optional 2nd run (1-3 per week)



8            5-6            55-65            70-80            Mileage range: vet.40-75

9            5-6            55-65            +            70-90            Mileage range: vet.40-80

Notes on training chart:

- Each training level designates a week of training.
- A training week goes from Monday through Sunday each week.
- The program builds from one week to the next providing an appropriate increase without overwhelming the runner.
- Beginners should start at level 'a', veterans start at level 1, Varsity candidates should start at level 2
- All should spend 1 or 2 weeks on each level as they move up – most should top out at level 6 or 7.
- Only 1 run per day until adding optional 2<sup>nd</sup> daily run on level 7.
- If running two-a-days, the secondary run should be between 25 and 35 minutes in length.
- Calculate mileage by timing runs and estimating pace or by running an accurately measured course.
- Long Runs start at level 5 (up to 20% of weekly volume), workouts start at level 6, 2-a-days may start at level 7
- Allow for 2 recovery days in between workouts (i.e., Mon. – tempo, Thur. – fartlek, Sat. – long run).
- Weights should be part of your weekly routine 2-3 times (focus on upper body with muscular balance – 5-6 x 2-3 sets)
- Stride every other day until workouts start and stretch after every run.
- Team success during the season requires individual commitment to consistent training before and during the season!

**AT (Anaerobic Threshold) Runs or Tempo Runs** are hard runs of an extended duration.

**Fartleks** are interval workouts based on time and effort. Sample workouts are listed below:

- 2-4 mile steady state (15-30 minutes) excl. warm-up, cool down
- 10-20 x 1 min. hard, 1 min. easy
- 5-10 x 2 min. hard, 2 min. easy
- 4-5x 3 min. hard, 2 min. easy
- 3-4x 4 min. hard, 3 min. easy
- 2-3-4-3-2 hard intervals alt. with 1-2-3-2-1 rest intervals
- 2-4-6-4-2 hard intervals alt. with half-time rest intervals

**Strength Training** - should include 1000 crunches, 250 push-ups, and 2-3 sessions of weight training each week. Focus on the upper body and muscular balance.

**Stretching** - All workouts should begin and end with stretching to provide maximum flexibility and injury prevention. Talk to the coach about good stretches if you are not familiar with previous routines. Focus on hamstrings, quads, calves, and groins. Stretch before, but mostly *after* you run.