

# Cross Country Weekly Training Schedule

Cross Country Training Schedule (Base Period)						
July						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3				1	2	3
Week 4	4	5	6	7	8	9
Easy run G1: 30 minutes G2: 5 miles G3: 6 miles 6-10 strides	Easy run G1: 40 minutes G2: 5-6 miles G3: 6-7 miles 6-10 strides	Easy run G1: 30 minutes G2: 4-5 miles G3: 5-6 miles 6-10 strides	Steady State: 4-6 miles at Steady State effort (% of Max Heart Rate) G1: 30 min easy run G2: 4 miles G3: 6 miles	Easy run G1: 30 minutes G2: 5 miles G3: 6 miles 6-10 strides CIRCUIT	Easy Long Run G1: OFF G2: 8-9 miles G3: 9-11 miles	Easy run G1: OFF 21-23 miles G2: 4 miles 36-39 mi G3: 5 miles 43-47 mi
Week 5	11	12	13	14	15	16
Fartlek G1: 5x1 on/off G2: 7x1 on/off G3: 10x1 on/off	Easy run G1: 30-35 min run G2: 5 miles G3: 6 miles 6-10 strides	Easy run G1: 30-35 min run G2: 4-5 miles G3: 5-6 miles 6-10 strides	Steady State G1: 35-40 min run G2: 5-6 miles G3: 6-7 miles 6-10 strides	Easy run G1: 30-35 min run G2: 5 miles G3: 6 miles 6-10 strides CIRCUIT	Easy Long Run G1: OFF G2: 8-9 miles G3: 9-11 miles	Easy run G1: OFF 23-26 mi G2: 4 miles 36-39 mi G3: 5 miles 43-47 mi
Week 6	18	19	20	21	22	23
Easy run G1: 30-35 min run G2: 6 miles G3: 6-7 miles 6-10 strides	Easy run G1: 35-40 min run G2: 5-7 miles G3: 7-8 miles 6-10 strides	Easy run G1: 30-35 min run G2: 4-5 miles G3: 6-7 miles 6-10 strides	Steady State Intervals G1: 6x1k G2: 8x1k G3: 10x1k (Using Max HR)	Easy run G1: 30-35 min run G2: 5-6 miles G3: 6 miles 6-10 strides CIRCUIT	Long Run with last 15 minutes at Steady State effort G1: OFF G2: 9-10 miles G3: 10-12 miles	Easy run G1: OFF 23-26 mi G2: 4-5 miles 41-46 mi G3: 6-7 miles 48-54 mi
Week 7	25	26	27	28	29	30
Dead Week EASY run G1: 35 min run G2: 6-8 miles G3: 7-9 miles 6-10 strides	*Aerobic Conditioning Run (see below for instructions) G1: 30-35 min run G2: 6-7 miles G3: 7-9 miles 6-10 strides	Progression Run G2 and G3 do (20/15/10) G1: 10/15/10 Progression goes easy/medium/steady state effort	*Aerobic Conditioning Run G1: 40 min run G2: 5-7 miles G3: 8-10 miles 6-10 strides	Team: warmup 20 minutes before circuit Complete 1 CIRCUIT After G1: 10-15 min run G2: 2-3 miles G3: 3-4 miles	Long Run G1: OFF G2: 10-12 miles G3: 11-13 miles	EASY run G1: 20 min run 27-30 mi G2: 4-5 miles 44-53 mi G3: 6-8 miles 54-65 mi
IMPORTANT: → Aerobic Conditioning = A harder regular run that is below your steady state effort and above your "easy" run effort. Do NOT kill yourselves on these - NO racing, you should feel refreshed after and not like you had to go "deep into the well".						

## Cross Country Weekly Training Schedule

Cross country running is a sport that combines endurance, speed, and strategy. It takes place over varied terrain, often in natural settings, and requires athletes to be well-prepared physically and mentally. A well-structured weekly training schedule is crucial for runners looking to optimize their performance and improve their race times. This article provides an in-depth look at how to create an effective cross country training schedule, covering essential components, weekly plans, and tips to enhance performance.

## Understanding the Basics of Cross Country Training

Before diving into a weekly training schedule, it's important to understand the fundamental components that make up a successful training program. Cross country running involves several key elements:

## **1. Endurance**

Endurance is the cornerstone of cross country running. Runners need to build their aerobic capacity to sustain longer distances effectively. This is usually achieved through:

- Long runs
- Steady-state runs
- Tempo runs

## **2. Speed**

While endurance is crucial, speed work is equally important. Incorporating interval training and hill sprints can help improve a runner's pace. Key speed training methods include:

- Intervals (short bursts of speed with rest)
- Hill repeats (running up a hill at full effort)
- Fartlek training (varying pace throughout a run)

## **3. Strength and Flexibility**

Incorporating strength training and flexibility exercises is essential for injury prevention and improved performance. This can include:

- Core workouts
- Leg strength exercises (squats, lunges)
- Stretching routines

## **4. Recovery**

Recovery is just as important as training. It allows the body to repair and strengthen. Key recovery practices include:

- Rest days
- Active recovery (light activities)
- Proper nutrition and hydration

## Creating a Weekly Training Schedule

An effective weekly training schedule should balance various training components while considering the athlete's experience level and goals. Below is a sample 5-day training schedule suitable for high school or collegiate cross country runners.

### Sample Weekly Schedule

- Monday: Easy Run
  - Duration: 30-45 minutes
  - Focus: Recovery from the weekend long run, maintain a conversational pace.
- Tuesday: Speed Work
  - Warm-up: 10-15 minutes of easy jogging
  - Main Set: 5 x 800 meters at 5K race pace, with 2-3 minutes rest between intervals
  - Cool Down: 10-15 minutes of easy jogging
- Wednesday: Long Run
  - Duration: 60-90 minutes
  - Focus: Building endurance; run at a comfortable pace on varied terrain.
- Thursday: Rest or Cross-Training
  - Activities: Swimming, cycling, or yoga for active recovery
- Friday: Tempo Run

- Warm-up: 10-15 minutes of easy jogging
  - Main Set: 20-30 minutes at a "comfortably hard" pace
  - Cool Down: 10-15 minutes of easy jogging
- 
- Saturday: Hill Repeats
  - Warm-up: 10-15 minutes of easy jogging
  - Main Set: 6-8 hill sprints (30-60 seconds uphill, jog back down for recovery)
  - Cool Down: 10-15 minutes of easy jogging
- 
- Sunday: Rest Day
  - Focus: Complete rest to recover and prepare for the upcoming week

## **Adjusting the Schedule Based on Experience Level**

The above training schedule is a general template and should be adjusted based on an athlete's individual experience level and fitness. Here are some considerations for different levels:

### **Beginner Runners**

- Frequency: 3-4 days a week
- Focus: Base building and developing a running habit
- Adjustments: Reduce the intensity and duration of workouts, include more rest days, and emphasize form and technique.

### **Intermediate Runners**

- Frequency: 5-6 days a week
- Focus: Building speed and endurance
- Adjustments: Include more structured speed workouts and longer long runs. Introduce tempo runs

and hill repeats gradually.

## **Advanced Runners**

- Frequency: 6-7 days a week
- Focus: Race preparation and fine-tuning performance
- Adjustments: Include specific race pace workouts, advanced interval training, and regular competition to sharpen race strategies.

## **Incorporating Strength and Flexibility Training**

Strength training and flexibility exercises play a critical role in enhancing a runner's performance and preventing injuries. Incorporating these elements into a weekly schedule can be done through:

### **Strength Training**

- Frequency: 2-3 times a week
- Focus: Core stability, leg strength, and overall body conditioning
- Examples of Exercises:
  - Squats (bodyweight or weighted)
  - Lunges (forward, backward, and side lunges)
  - Planks and other core exercises (e.g., dead bugs, Russian twists)

### **Flexibility and Mobility Work**

- Frequency: 3-4 times a week, ideally post-workout
- Focus: Improve range of motion and reduce muscle tightness
- Examples of Exercises:
  - Dynamic stretching before runs (leg swings, arm circles)

- Static stretching post-runs (hamstring stretches, quadriceps stretches)
- Foam rolling to relieve muscle tension

## **Nutrition and Hydration**

Nutrition and hydration are vital components of a successful training regimen. A well-balanced diet helps athletes fuel their bodies and recover effectively. Consider the following guidelines:

### **1. Balanced Diet**

- Carbohydrates: Primary energy source; include whole grains, fruits, and vegetables.
- Proteins: Essential for muscle repair; include lean meats, legumes, and dairy.
- Fats: Important for overall health; focus on healthy fats from nuts, avocados, and olive oil.

### **2. Hydration**

- Daily Water Intake: Aim for at least 64 ounces (about 2 liters), more if training intensively.
- Pre- and Post-Run: Drink water before, during, and after runs to maintain hydration levels.

### **3. Race Day Nutrition**

- Pre-Race Meal: High-carb, low-fiber meal 2-3 hours before the race (e.g., oatmeal, banana, or toast with peanut butter).
- During the Race: Consider energy gels or chews if the race exceeds 60 minutes.

## **Monitoring Progress and Adjusting Goals**

As athletes follow their training schedules, it's essential to monitor their progress and adjust goals accordingly. Here are some strategies to help with this:

## **1. Keep a Training Log**

- Document daily workouts, distances, times, and how you felt during each session. This helps identify patterns and areas for improvement.

## **2. Set Short- and Long-Term Goals**

- Short-term goals could include completing a certain distance or improving a time in a weekly workout.
- Long-term goals might be centered around achieving specific race times or qualifying for a championship event.

## **3. Listen to Your Body**

- Pay attention to signs of fatigue or potential injury. Adjust the training schedule as needed, incorporating more rest or recovery days to avoid burnout.

## **Conclusion**

Creating a comprehensive cross country weekly training schedule is an essential step for runners looking to enhance their performance. By balancing endurance, speed work, strength training, and recovery, athletes can prepare effectively for the challenges of cross country racing. Remember to monitor progress, adjust goals, and prioritize nutrition and hydration. With dedication and the right training plan, runners can achieve their personal bests and enjoy the journey of cross country running.

## **Frequently Asked Questions**

### **What should a beginner's weekly training schedule for cross country look like?**

A beginner's cross country training schedule might include 3-4 days of running, starting with 20-30 minutes of easy running, complemented by a longer run on the weekend (45-60 minutes), and incorporating rest days or cross-training activities like cycling or swimming.

### **How can I incorporate strength training into my cross country weekly schedule?**

You can add strength training 2-3 times a week, focusing on core and leg exercises such as squats, lunges, and planks. Schedule these sessions on days when you have easy runs to avoid fatigue.

### **What types of workouts should be included in a weekly cross country schedule?**

A well-rounded schedule should include easy runs, long runs, tempo runs, interval training, and hill workouts. For example, you might do easy runs on Mondays, intervals on Tuesdays, a long run on Saturdays, and rest or cross-training on other days.

### **How many miles should I run each week for cross country training?**

Weekly mileage can vary based on your experience level. Beginners may start with 15-20 miles per week, while more experienced runners can aim for 30-50 miles, gradually increasing mileage as fitness improves.

### **How do I structure my weekly training around races?**

In the week leading up to a race, reduce your mileage and intensity to allow for recovery. Include a short tempo run early in the week, keep runs easy, and schedule a rest day before the race to ensure you're fresh.



## What is the importance of rest days in a weekly cross country training schedule?

Rest days are crucial for recovery, helping to prevent injury and allowing your muscles to repair and strengthen. A typical schedule might include at least one full rest day and possibly an additional easy or cross-training day.

## How can I adjust my training schedule for weather conditions?

If weather conditions are extreme, consider adjusting your schedule by moving workouts indoors, modifying run lengths, or shifting harder workouts to cooler parts of the day. Always prioritize safety and listen to your body.

## What should I eat before and after my cross country workouts?

Before workouts, focus on easily digestible carbohydrates (like bananas or oatmeal) for energy. After workouts, aim for a mix of protein and carbs (such as a protein shake or a sandwich) to aid recovery and replenish glycogen stores.

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