

Cross-Country Workout Descriptions

(Remember to stretch before and after each workout!!)

1. **Tempo Runs:** A tempo run is a workout of 20-30 minutes. Begin at an easy pace, about as fast as you would during any warm-up on the track. After 5 or 10 minutes of gentle jogging, gradually accelerate toward peak speed midway through the workout, holding that peak for 10-15 minutes, then gradually decelerate, finishing with 5 minutes of gentle jogging/cool-down. Run hard, but not too hard.
2. **Speed/Interval Workouts:** Interval training consists of fast repeats (typically 400, 600 and 1,000 meters), followed by jogging and/or walking to recover. Interval workouts are a great way to build speed, endurance, strength, and get your legs used to a faster turnover. They'll also help you sharpen your racing and pacing skills. Interval training is best run on a track, although it can be run on soft surfaces or on the roads, as long as you maintain consistency.

Suggested interval workouts (choose one each week) :

- 10 x 400 meters* (400-meter jog in-between)
- 6 x 600 meters** (200-meter jog in-between)
- 4 x 1,000 meters *** (3 minutes walking and/or jogging in-between)

***400 meters is equal to ¼ mile or 1 full lap around the track**

****600 meters is equal to .37 miles or 1.5 laps around the track**

***** 1,000 meters is equal to .6 miles or 2.5 laps around the track**

3. **Hill Workouts:** Start with a 10-15 minute easy run on flat terrain. After a three-minute jog, begin a series of hill sprints. Sprint these powerfully and with excellent form. Jog back for recovery. After doing 6-10 hill sprints, return to the flat terrain and do a 10-15 minute easy cool-down run.
4. **Easy/Recovery Runs:** During recovery runs, you maintain a steady, easy pace for about 30 minutes. You could carry on a conversation during the entire run. They may seem slow and not challenging, but recovery runs might be the most important of all cross country workouts, because they allow your muscles to repair and rebuild.
5. **Long Runs:** Long runs are necessary to improve your aerobic fitness and endurance. You begin in the first week, running for at least 30 minutes and add 5-10 minutes each week. If running with your teammates (something I recommend), run at a comfortable, conversational pace. This is a workout that you can run on the roads or on trails. Mostly, have fun.
6. **Cross-Training:** Swimming, biking, hiking, playing another sport such as basketball or soccer.

Note: *You do not need to follow the suggested training schedule perfectly. The most important thing is that you are staying active and building mileage throughout the summer so that you are ready for an awesome cross-country season in the fall!*