

Cross Country Summer Workout

- June, July and August
- **Guidelines to follow**
 1. **Get out the door and run!** 13 days of running, 1day off, repeat cycle. Just make the commitment to run! **NO EXCUSES**. Run short and easy if you are tired, harder and longer when you feel good.
 2. Keep a training log (one is enclosed)
 - Log your daily mileage, weather, how you felt, and any additional comments.
 3. The next four weeks are easy runs; do not worry about the intensity. Just work on your **base**, flexibility and strength work. During the remaining weeks you can increase time and distance.
 4. Make a **COMMITMENT** to yourself, to your teammates, and to us! There are no excuses and no making up for lost mileage. Make running a priority and fun part of your day.
 5. **REMEMBER, CROSS COUNTRY RUNNERS ARE MADE IN THE SUMMER!**

Fourteen-day cycle

- +3 long runs of 3-4 miles in length (**easy**)
- +4 in the range of 2-3 miles in length (**a little faster in pace**)
- +3 on **hilly** terrain 2 miles
- +3 of your choice
- 1 day off

Total mileage for the cycle should be 30-36 miles
(Try to get close as you can)

- **Other suggestions**
 1. Run on grass or dirt roads when you can. It will save your legs from the pounding that they take on paved roads.
 2. Vary your terrain: flat routes, hilly routes, roads, trails, beach, etc.
 3. ***No vacation from running. Take your running gear with you and have your parents watch you.***
 4. Stretch before you run, 10 to 20 minutes before and after, this will help prevent injury and soreness.
 5. Nutrition
 - Proper nutrition translates into high-energy sources, bone and muscle building and it reduces the risk of injury and illness.
 - **Diet**
 - 65% carbohydrates:
 - Bread, pastas rice, cereal, fruits, and vegetables, etc.
 - 25% Proteins
 - Meats, beans, etc.
 - 10% Fats
 - Eat food rich in calcium and iron, take a multivitamin with iron in the A.M., drink milk, you need the calcium, if not take a calcium supplement.
 - **DRINK LOTS OF WATER!**

Runner's Log 2017

Date	Miles	Comments - Terrain
18-Jun		
19-Jun		
20-Jun		
21-Jun		
22-Jun		
23-Jun		
24-Jun		
25-Jun		
26-Jun		
27-Jun		
28-Jun		
29-Jun		
30-Jun		
1-July		
TOTAL		

Date	Miles	Comments - Terrain
2-July		
3-Jul		
4-Jul		
5-Jul		
6-Jul		
7-Jul		
8-Jul		
9-Jul		
10-Jul		
11-Jul		
12-Jul		
13-Jul		
14-Jul		
15-Jul		
TOTAL		

Date	Miles	Comments - Terrain
16-Jul		
17-Jul		
18-Jul		
19-Jul		
20-Jul		
21-Jul		
22-Jul		
23-Jul		
24-Jul		
25-Jul		
26-Jul		
27-Jul		
28-Jul		
29-Jul		
TOTAL		

Date	Miles	Comments - Terrain
30-Jul		
31-Jul		
1-Aug		
2-Aug		
3-Aug		
4-Aug		
5-Aug		
6-Aug		
7-Aug		
8-Aug		
9-Aug		
10-Aug		
11-Aug		
12-Aug		
TOTAL		

Date	Miles	Comments - Terrain
13-Aug		
14-Aug		
15-Aug		
16-Aug		
17-Aug		
18-Aug		
19-Aug		
20-Aug		
21-Aug		
22-Aug		
23-Aug		
24-Aug		
25-Aug		
26-Aug		
TOTAL		