

Breakdown – ‘No-Prior-Training / Novice’ Training Plan, 2024 Cross Country

General Training Guidelines & Activities:

- Easy-Aerobic Running, until baseline fitness is established
 - However long this takes, consistency is key.
- Supplementals Exercises, developing fundamental strength / musculoskeletal system
 - 3 Primary Routines to Execute every other day, or at minimum twice each week: Core Circuits (6-8+ Minutes), Lunge-Squat Routine, and Hip Mobility Routine
- Post-Run Strides – Running about 100m at a controlled accelerating pace/rhythm
 - Progression of strides starting in June, leading into the season -- beginning at 5k pace/rhythm then 3k—Mile—800/Sprint Efforts, etc.

Each activity and aspect of our summer training should gradually progress over weeks and months for incremental & sustainable growth (aerobic capacity, strength, speed, confidence, etc.). Consistency is key – patience & persistence.

JUNE

Purpose – FOUNDATION-Base Training.

- Establish Baseline Fitness and work toward a short-term goal (~4 Weeks – potentially double the time you can run comfortably, 10-Minutes -to- 20-Minutes)
- Develop Good Habits – Consistently Running and Building Fundamental Strength
 - Stretching, Quality Sleep, Quality Nutrition, Hydrating, Supplemental Routine, etc.

4 Weeks in June – Week 1 begins on Monday 6/03/2024

Mileage & Pace depends on each Athlete

- Weeks One & Two: **3–4 Runs each Week, 15-25+ Minutes each Run**
- Weeks Three & Four: **3–5 Runs each Week, 15-30+ Minutes each Run**

JULY

Purpose – FOUNDATION-Base Training. Continue with consistent growth

- Establish new short-term (end of July) goal – target time/distance for a long run
- Gradually increase volume & pace of aerobic runs

5 Weeks in July – Week 5 begins on Monday 7/01/2027

Approximate Weekly Mileage – Assuming 6-7 Runs, Avg. Aerobic Pace Range ~7:30

- Weeks Five & Six: **3-5 Runs each Week, 20-30+ Minutes each Run**
- Weeks Seven & Eight: **4-5 Runs each Week, 20-30+ Minutes each Run – 1 Long Run, Moderate Intensity Session (Hill Reps)**
- Week Nine: **4-5 Runs each Week, 25-35+ Minutes each Run – 1 Long Run, Moderate Intensity Session (Hill Reps), and Alumni 5k Run**

AUGUST

Purpose – FOUNDATION-Base Training. Continue with consistent growth

- Establish new short-term (end of August) goal – target time/distance for a long run or potentially a goal mile / 5k time
- Continue to Gradually increase volume & pace of aerobic runs
- Build & Expanding General Strength & Fitness through supplemental routines and “simple” lifting routines
- Introduce Higher Intensity Sessions to prepare and transition into the racing season.

4 Weeks in August – Week 10 begins on Monday 8/05/2023

Approximate Weekly Mileage (Assuming 7-8 Runs, Avg. Aerobic Pace Range is 7:00–8:00)

- Week Ten: **4-5 Runs each Week, 25-35+ Minutes each Run – 1 Long Run, 1 Moderate Intensity Session (Hill Reps)**
- Week Eleven, First Week of Official Practice: **6 Runs Total – 1 Long Run, Moderate Intensity Session (Hill Reps), Higher Intensity Session**
- Week Twelve & Thirteen: TBD – Official Practice.