

# SHMS/WSMS Cross Country Summer Training Schedule

This is the recommended training schedule to prepare you for the start of the Cross Country season. It is important that you do the correct amount of training over the Summer so that your body is prepared for the impact of having cross country practice every day.

## 2 Mile time requirements to attend meets

**7th Grade Girls - 22:00**    **7th Grade Boys - 20:00**    **8th Grade Girls - 20:00**    **8th Grade Boys - 19:00**

## Training Schedule

**Beginners vs Advanced?** - Most incoming 7th graders should be running the beginner schedule, unless you are an experienced runner and are in good shape at the start of July. 8th Graders who were on the team as 7th graders should be running the advanced schedule. Both schedules will prepare 7th and 8th graders for the start of the season. Be honest with yourself and choose the one that best matches your fitness level.

**Tuesdays & Thursdays** - Go at a pace that is comfortable, if you're feeling good don't be afraid to push yourself, if it's a struggle, slow down. It is OK to mix in some walking on these days, but you should be able to run the entire duration before the time increases the following week.

**Mileage Runs** - Your goal is to complete the entire mileage without walking. Go as slow as you need to in order to be able to run the entire distance.

**Speed Checks** - Run this at your top speed and time yourself over the required distance to see how close you are to meeting the meet requirements

## Tips

**Beat the Heat** - Run in the mornings before it gets too hot. The difference between running when it's 80 degrees and 90 degrees is HUGE!

**Tough Runs** - Not every run is going to be your best. Some days will seem tougher than others for no apparent reason. Great cross country runners are mentally tough so don't get discouraged and keep putting one foot in front of the other!

**Hydration** - It is important to stay hydrated throughout the summer. You should be drinking at least a 1/2 liter of water before your runs and 1 liter after and = sipping water throughout the day. Avoid soda and energy drinks the night before your runs!

**Running Buddies** - Find someone to run with. For some people It helps to have someone to hold them accountable throughout the summer. Find a friend or family member to run with you if you need some external motivation.

# July

2020

June						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

August						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Green = Beginners / Red = Advanced

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
	5 Minutes Minutes	15	5 Minutes 15 Minutes		7 Minutes 15 Minutes	
12	13	14	15	16	17	18
	10 Minutes 20 Minutes		10 Minutes 20 Minutes		Fun Run #1 8:30AM @135th & Cedar Niles Rd.	
19	20	21	22	23	24	25
	15 Minutes 25 Minutes		15 Minutes 25 Minutes		Fun Run #2 8:30AM @ Lake Lenexa 9053 Monticello Rd	
26	27	28	29	30	31	1
	20 Minutes 30 Minutes		20 Minutes 30 Minutes			
2	3	4	5	6	7	8

# August

2020

July						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Green = Beginners / Red = Advanced

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
		25 Minutes 35 Minutes		25 Minutes 35 Minutes		Fun Run #3 TBD
2	3	4	5	6	7	8
		30 Minutes 40 Minutes		30 Minutes 40 Minutes		Speed Check Timed 2 Mile Run
9	10	11	12	13	14	15
		35 Minutes 45 Minutes	1st Day of School			
16	17	18	19	20	21	22
23	24	25	26	27	28	29

