

## KHS Summer Cross Country Training Program - 2009

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
6/29	Tempo: 30 min	10 x 400- Weights / Abs	30 min easy	Change of pace: 30 min- Weights / Abs	30 min easy	Long: 60 min	Rest	28-32
7/6	Tempo: 30 min	5 x 1000- Weights / Abs	30 min easy	Change of pace: 30 min- Weights / Abs	30 min easy	Long: 65 min	Rest	28-32
7/13	Tempo: 35 min	6 x 600- Weights / Abs	30 min easy	Change of pace: 35 min- Weights / Abs	30 min easy	Long: 70 min	Rest	30-34
7/20	Tempo: 35 min	10 x 400- Weights / Abs	30 min easy	Change of pace: 35 min- Weights / Abs	30 min easy	Long: 70 min	Rest	30-34
7/27	Tempo: 40 min	5 x 1000- Weights / Abs	30 min easy	Change of pace: 40 min- Weights / Abs	30 min easy	Long: 75 min	Rest	32-36
8/3	Tempo: 40 min	8 x 600- Abs workout	30 min easy	Change of pace: 40 min- Abs workout	30 min easy	Long: 80 min	Rest	32-36
8/10	Tempo: 30 min	10 x 400- Abs workout	Rest	30 min easy	30 min easy	Rest	Rest	15
8/17		First Practice 7:00 am @ KHS						

**Tempo Run** – steady pace as if running in a race

**Easy Run** – slower pace (break a sweat and stretch your legs a bit)

**Change of pace run** – every 5 minutes or so, you should speed up, slow down, run regular pace to adjust your breathing (speed bursts of 100 – 400 meters down to a light jog to recover)

**Long run** – 8-10 miles the day before a rest day – ideally should be run on Saturday morning so your body then has 36 + hours to recover

## Adjustment to summer schedule – updated 7/1/09

***Team workouts on Tuesday & Thursday from 4:30 pm – 5:30 pm. Those whose schedules cannot accommodate this time are expected to complete workout on their own (or with a partner if possible).***

***Workouts on other days should be with a training partner of similar ability (if possible).***

**Be safe** – wear vests / Bright clothing and be careful on winding roads (especially if dark or wet)

**Warm up** - before and cool down after all training runs

**Stretch** – even on rest days

**Hydrate** – WATER! WATER! WATER!!!

\* Do not run / lift if injured – it will set you back – NO HEROES!!!

### Weight program

**Bench Press** - chest, shoulders and triceps.

**Leg Extensions** - quadriceps.

**Bent-over Rows** - upper back, biceps and rear shoulders.

**Leg curls** - hamstrings.

**Overhead press** - neck and shoulders.

**Half Squats** - hamstrings, quadriceps and glutes.

**Calf Raises** - calves

**Bicycle Sit-Ups** - abs and lower back

***3 sets of each exercise 8-10 reps each set (2-3 times a week)***

***Use light weights – should feel small / medium strain on last 2-3 reps***

***Abs workout should include situps / crunches, planks and utilize light to medium medicine balls for 2-3 sets – we will go over in workouts – email me if you have any questions.***