

PRM Middle School XC-Summer Training Schedule-

***Main goal for the summer is to build a strong base of miles for the upcoming season. You want to be in shape by the time the season rolls around!**

Vary your mileage and intensity!

EZ=Easy Day, Mod- Moderate Day, Hard- Hard Day

Vary your runs on the track, road, grass, and trails. Another great way to mix up your run is to do a Fartlek Run which is when you introduce into your normal runs some short periods of slightly higher pace. Maintain these for a short period, say 200-400m (aim for a bend in the road, power pole or some other landmark up ahead). Then drop your pace back below your normal running pace, or slow to a jog, until you have fully recovered and your breathing has returned to normal. Then return to running at your normal pace, and put in another slightly fast interval later in the run. In this way you are putting a slight extra stress on your system which will, in time, lead to an improvement in your speed and in your anaerobic threshold.

Use the OFF days to cross train or to try something new. Ride, skate, swim, or boogie board at the beach. Have fun and keep active. Make sure you are warming up and cooling down properly, as well as stretching. Stay hydrated and eat healthy!

First day of try-outs/Practice September 13, 2010!

August 1st - 7th

Sunday- 1 mile EZ

Monday- 1.5 miles MOD

Tuesday-OFF

Wednesday- 10 minute run Hard

Thursday- 15 minute run -EZ

Friday- OFF

Saturday- 1.5 Hard

August 8th -14th

Sunday- 20 minutes - EZ

Monday- OFF

Tuesday-2.5 miles Mod

Wednesday- 1.5 Hard

Thursday- OFF

Friday- 15 minutes Mod

Saturday- OFF

August 15th -21st

Sunday- 20 minutes EZ

Monday- 3 miles Mod

Tuesday-OFF

Wednesday- 2 miles EZ

Thursday- 2.5 Hard

Friday- OFF

Saturday- 25 minutes Mod

August 22nd-28th

Sunday- 20 minutes EZ

Monday- OFF

Tuesday-3 miles Mod

Wednesday- 1.5 Hard

Thursday- OFF

Friday- 20 minutes EZ

Saturday- 2 miles Mod

August 29th – September 4th

Sunday- OFF

Monday- 2 miles Hard

Tuesday- 20 minutes EZ

Wednesday- OFF

Thursday- 3 miles Hard

Friday- 25 minutes EZ

Saturday- OFF

The last week before the season starts September 5th – 11th.

Sunday- 2 miles Mod

Monday- OFF

Tuesday-30 mins – EZ

Wednesday- 20 mins – Hard

Thursday- OFF

Friday- 3 miles Mod

Saturday- 2 miles EZ

Sunday September 12th – OFF