

## GIRLS' MIDDLE SCHOOL CROSS-COUNTRY SUMMER TRAINING SCHEDULE

### Week of July 1

**Mon.** - 30 min run

**Wed.** - 30 min run with 5x100 strides after the run

**Thu.** - 35 min run (10 easy, 5 min brisk, 5 min easy, 5 min brisk, 10 easy)

**Fri.** - 20 min run with 5x100 strides after the run

**Sun.** - 30 min run

### Week of July 8

**Mon.** - 40 min run

**Wed.** - 30 min run with 5x100 strides after the run,

**Thu.** - 35 min run (10 easy, 15 min brisk, 10 easy)

**Fri.** - 20 min run with 5x100 strides after the run

**Sun.** - 30 min run

### Week of July 15

**Mon.** - 40 min run

**Wed.** - 30 min run with 5x100 strides after the run,

**Thu.** - 35 min run (10 easy, 15 min brisk, 10 easy)

**Fri.** - 20 min run with 5x100 strides after the run

**Sun.** - 30 min run

### Week of July 22

**Mon.** - 35 min run (10 easy, 15 min brisk, 10 easy)

**Tues.** - 30 min run

**Wed.** - 30 min run with 5x100 strides after the run,

**Thu.** - 35 min run (10 easy, 15 min brisk, 10 easy)

**Fri.** - 20 min run with 5x100 strides after the run

**Sun.** - 30 min run

### Week of July 29

**Mon.** - 35 min run (10 easy, 15 min brisk, 10 easy)

**Tues.** - 30 min run

**Wed.** - 30 min run with 5x100 strides after the run,

**Thu.** - 35 min run (10 easy, 15 min brisk, 10 easy)

**Fri.** - 20 min run with 5x100 strides after the run

**Sun.** - 30 min run

### Week of August 5 - IMPORTANT

**Mon., August 5** - Practice at BA track at 3:00 until 4:00; drop off and pickup in front of the middle school.

**Tues., August 6** - Practice at BA track at 3:00 until 4:00; drop off and pickup in front of the middle school

**Wed. August 7** - Practice at BA track at 3:00 until 4:00; drop off and pickup in front of the middle school.

**Thurs., August 8** - Practice at BA track at 3:00 until 4:00; drop off and pickup in front of the middle school

**Fri., August 9** - Registration Day - run on your own

### Week of August 12 - IMPORTANT

**Mon., August 12** - day before school starts; run on your own 25-35 minutes

**Tues., August 6** - First Day of School! First after-school practice 2:15-3:30; pickup in front of the middle school.

- Make sure you **stretch** after each run.
- Run in the cool of the day (morning or evening) and **hydrate** well before and after your runs.
- **x100 strides** - after you run pick a flat stretch of preferably grass of about 80-100 meters that you should run 4 times at a pace faster than cross country race pace. Do not run these all out, but at a fast, relaxed pace. Take 30-60 seconds rest between each stride.
- "**Brisk**" - means you should be running at a comfortably hard pace. It **should not be all out!** When you finish a brisk effort you should feel somewhat fatigued but that you could have run another few minutes at that pace. You should **not feel completely spent**.
- **\*\*After-school practices: Most days we will be done by 3:30 after school. Some days will require longer workouts. Parents will be notified each week for weekly practice (tentative) schedules. We will practice on Fridays until 3:00.**
- **\*\*Meets are usually on Thursdays in Late August-September. Parents will receive a schedule once school starts.**

**Keep a running log or journal to track your runs!**

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