

CHS Cross Country Phase II - Summer/Preseason Training

During the first phase of our summer cross country training program, the emphasis is on building-up your weekly mileage base. For the most part, Phase I workouts are completed at a comfortable running pace, with little structure. Ideally, Phase I training begins the first week of summer vacation and lasts for approximately six weeks. During that period, the goal for many of our runners will be to increase weekly mileage to about 65%-70% of what peak mileage for the cross country season will be. For example, if your weekly mileage is expected to peak at 40-45 miles for the season, (a level which, for our female runners, might only be appropriate for a few of our top athletes with at least one prior season of experience), by the middle of July, in most instances you should be running approximately 27-32 miles a week. First-year cross country athletes and incoming freshman will generally have less ambitious first phase mileage goals, depending on various factors, which should be determined based on discussions with their coach. On the other hand, after a short post-season break, healthy runners that trained-for distance events in track may be able to build-up their weekly mileage quite a bit faster than others during Phase I – in most instances to 100% of what it was during the peak of their *track season* training (if this might be you, see comment #10 on page four).

During Phase II of our training program, the primary goals are: (1) to continue to increase weekly mileage, and (2) to add two controlled, quality workouts to the weekly mix. The second training phase is aimed at preparing you for the more difficult/intense/stressful training and racing that will take place during Phase III. From roughly the middle of July until about the start of school, Phase II weekly workouts should look something like this:

Day of Week	Sample Phase II Workouts	Supplemental Training
Monday	Easy run of 30-50 minutes (depending on weekly mileage goal, current fitness level, etc.), active/passive stretching routine, followed by 6-8 x 20 second strides at +/- 800M to 1600M pace	Core/plank strength training routine (refer to CHS Training Log and related videos), or gym circuit training.
Tuesday	1.5 to 2 miles easy warmup, active/passive stretching routine, followed by 6-8 x 20 second strides, plus: (a) 6 x 1 minute uphill running with 3 minute recovery jogs, plus 8 x 30 second uphill running with 2 minute recovery jogs, OR (in lieu of above hills): (b) 6 x 90 seconds at roughly 3 mile race pace, with 3 minute recovery jogs between reps, followed by 8 x 30 second runs at same/race pace with 1 minute recovery jogs between each 30 second effort, OR (in lieu of (a) or (b), above): (c) Tempo run of 20 minutes at “comfortably hard” pace. Finish with cooldown of between 5 and 15 minutes (depending on mileage goal for week).	

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Wednesday	Easy run of 30-50 minutes (depending on weekly mileage goal, current fitness level, etc.), active/passive stretching routine, followed by 6-8 x 20 second strides at +/- 800M to 1600M pace.	Core/plank strength training routine (refer to CHS Training Log and related videos), or gym circuit training.
Thursday	1.5 to 2 miles easy warmup, active/passive stretching routine, followed by 6-8 x 20 second strides, plus: (a) 4 x 30 second uphill running with 2 minute recovery jogs, plus 8 x 1 minute uphill running with 3 minute recovery jogs, OR (in lieu of above hills): (b) 6 x 90 seconds at roughly 3 mile race pace, with 3 minute recovery jogs between reps, followed by 8 x 30 second runs at same/race pace with 1 minute recovery jogs between each 30 second effort, OR (in lieu of (a) or (b), above): (c) Fartlek session of 25-30 minutes, running “pick-ups” over varying/ random distances at various paces. Jog between “pick-ups”, and start the next harder effort before you are completely recovered. Finish with cooldown of between 5 and 15 minutes (depending on mileage goal for week).	
Friday	Easy run of 30-50 minutes (depending on weekly mileage goal, current fitness level, etc.), active/passive stretching routine, followed by 6-8 x 20 second strides at +/- 800M to 1600M pace.	Core/plank strength training routine (refer to CHS Training Log and related videos), or gym circuit training.
Saturday	Long run at easy pace equal to the lesser of (a) 25% of week’s mileage, or (b) 90 minutes. It is O.K. to reverse workouts scheduled for Saturday and Sunday.	
Sunday	Day off from running: rest/recovery day. If desired, can cross train (e.g. swimming, cycling, elliptical), but should generally be a rest/recovery day. It is O.K. to reverse workouts scheduled for Saturday and Sunday.	Optional - core/plank strength routine.

Miscellaneous Comments Regarding Phase II Workouts

1. If you haven’t already completed at least three weeks of Phase I type running or equivalent training, it would probably be best for you to talk with your coach regarding whether you should do more base training before starting Phase II quality workouts (Tuesday/Thursday, above).

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2. In general, increases in mileage should be limited to roughly 15%-20% every third week. For example, if you are currently running about 30 miles a week, after doing that for two weeks in a row, you might consider – if you are healthy and have no aches or pains - increasing your mileage to roughly 34-36 miles for the next two weeks. Note that for many members of our team, weekly mileage for the season will peak or plateau during Phase II, since in Phase III and subsequent training/racing phases, increasing mileage will generally no longer be a priority. In fact, during the championship portion of the season, weekly mileage will decrease significantly.
3. On the two quality days (Tuesday and Thursday in the sample training schedule), don't hesitate to combine aspects of the "a", "b" and "c" options if you feel like it. For example, one day you might do a 20 minute tempo run, plus a few hill repeats. Note that depending on your fitness level, you may need to adjust the number of hill repeats that you do, and/or the duration of your Tempo/Fartlek sessions, from the number/times that are called-for in the Tuesday/Thursday workout options shown above.
4. Especially when doing strides and when doing repetitions on quality days, focus on maintaining good form and on quick turnover.
5. The sample schedule shows quality days on Tuesday and Thursday each week, but workout days can be moved-around to best fit your schedule (assuming team workouts, which you should do your best to attend, aren't scheduled). Note that where possible, we try to schedule coach-supervised team workouts on "quality-days". If you can't attend a scheduled team workout and must modify the sample schedule, generally try to avoid doing the two weekly quality workouts on consecutive days.
6. The most important thing about the long run (Saturday or Sunday, above) is the time spent running. Keeping to a "comfortable" pace the whole way is fine.
7. Especially during the CIF "No Contact" period, consider attending the San Diego Track Club Tuesday evening workout sessions, which generally emphasize hill training for several weeks beginning in mid-July.
8. For those of you keeping a training log (which should be all of you – see link on team website), I suggest printing this out and putting it in your binder as a reference. If you'd like for me to print-out a Training Log and put it in a three ring binder for you, just ask.
9. Concentrate on running workouts at right pace during harder efforts. During Phase II you are generally getting full/adequate recovery between repeats on quality days. Later in the season, between-rep recovery times will generally decrease.

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10. Mileage goals can vary widely from one runner to the next, depending on factors such as age, experience (years running), whether an athlete also runs distances in track, injury history, concurrent participation in other sports, etc. Weekly goals should be determined based on an ongoing dialogue with your coach since there is no fixed formula that works for everyone. As indicated in the last sentence of the first paragraph on page one, there may be a few athletes that reach their peak mileage goal sometime in mid-summer. At that point, average weekly mileage may remain relatively stable for a while, and once such a plateau has been reached, it might be appropriate to discuss with your coach the possibility of adding another quality day to the Phase II training program. For example, for at least part of Phase II, the coach and athlete might agree to add a Tempo run on Monday (see above Tuesday option “c”), either every week, or every other week, and to modify the Tuesday schedule to be either the “a” option (hills), or the “b” option (repetitions at about 3 mile race pace).

11. Hal Higdon’s summer cross country program, which can be found at <http://www.halhigdon.com/crosscountry/cross.htm>, is an alternative to the sample workout program described on the preceding pages, and contains other worthwhile training information, such as definitions for terms like “Fartlek” and “Tempo Runs”. Although there are some differences in Higdon’s approach and the one set-forth above, following either plan (or using aspects of both) will generally prepare you pretty well for the next training phase and for early season racing.

12. Don’t ever hesitate to ask questions.

"The most important part of your running program is simply the distance you run every week and the consistency of doing a long run every week. Over time, those two single elements are going to be the most important part of your development as a runner."

-Alberto Salazar