**\*The following are sample boys and girls high school cross country schedules as we would write them today for a team with an established summer training program. In other words, the “A” and “B” groups would be coming in having ran a significant number of miles in the summer. The C group would have run a bit, but not as much as they were supposed to and the D group would be those that did not run…or beginners.**

**\*\*REMEMBER: We believe in the art of coaching and not just the science. These schedules are just examples. We welcome you to use these ideas but encourage you to build your own schedule using these principles. Be an artist and have fun!!**

**GLOSSARY:**

**Easy Run= sustained run of a certain time or distance (we use distance below) done at “conversation” pace. Give them a pace range because otherwise there will be some athletes who want to go too fast and some who want to go too slow.**

**Fartlek= unstructured alternating pace run. In general we recommend the hard segments being at cross country race pace and the easy segments to be at normal easy run pace (not a jog)**

**Steady State Run= a sustained run at a pace you could race at for 2 to 2-and-a-half hours. We recommend using an online running calculator to find the correct Steady State pace for each of your athletes.**

**Tempo Run= a sustained run (20 to 40 minutes in length) at a pace that you could race at for one hour. AKA Threshold Pace.**

**Cutdown Tempo Run= a sustained run that starts slower that Tempo Run pace and then gets faster and faster each mile until you are at the fast end of the Tempo Run range by the end of the run.**

**Hill Circuits= A loop (aka circuit) that includes several different types of hill running. Be creative! A good length for an entire circuit is 1-2 miles. Try to at least include a long, gradual uphill, a short “pop-up” hill, a downhill stride and a flat stride.  
  
Hills= Traditional hill repeats. Find a hill with a 6-8% grade. Run race pace up the hill for 60 seconds and jog back down for recovery.**

**Broken Tempo= A sustained run that includes alternating fast/steady paces. Again, be creative! The fast segments can be a variety of paces and distances. The steady segments (aka “floats”) should be at the slow end of the Steady State range and should be just long enough for the athletes to recover from the fast segments, but not too long! As a season goes along we like to make the fast segments longer and the steady segments shorter.**

**Repeat Workouts= Traditional workout with a hard repeat (400, 800s, miles, etc.) followed by a slow jog recovery at about ½ the time it takes to run the repeat. We recommend controlling these workouts with some work at 10k race pace (5k pace + 30 seconds x 2), some work at 5k pace, and some at a little under 5k race pace.**

**OYO= On Your Own. Day off for most. Some A mileage athletes may want to get a run in. Just make sure they don’t do too much.**

**GIRLS**

**Week 1 (Just Running)**

Mon- A = 4 B = 3 C = 2 D = 1 (Core)

Tues- A = 6 B = 4 C = 3 D = 1-2 (Drills/Strides Day)

Wed- A = 5 B = 4 C = 2 D = 1-2 (Core)

Thurs- A = 5 B = 4 C = 3 D = 1-2 (Drills/Strides Day)

Fri- A = 6 B = 4 C = 3 D = 1-2 (Core)

Sat- A = 6 B = 4 C = 3 D = 1-2 (Drills/Strides Day)

Sun- OYO

**Week 2**

Mon- Easy Run: A = 6 B = 4 C = 3 D = 1-2 (Core)

Tues- Easy Run: A = 6 B = 4 C = 3 D = 1-2 (Drills/Strides Day)

Wed- A = 35 minute fartlek – 3 minutes hard, 2 minutes easy. B= 25 minute fartlek. Same format as A group. C/D = One Mile Time Trial to determine pace groups.

Thurs- Easy Run: A = 5 B = 4 C=3 D= 2(Core)

Fri- Easy Run: A = 8 B= 6 C = 3 D = 2

Sat- A/B= Steady State Run: A- 6 B- 5 | C/D= fartlek- 8 x 1min hard, 1 min easy.

Sun- OYO

**Week 3**

Mon- Long Run: A = 7 B = 6 C = 4 D = 3

Tues- Easy Run: A = 6 B = 4 C = 3 D=2 (Drills/Strides Day) (Core)

Wed- Hill Circuits

Thurs- Easy Run: A = 6 B = 4 C = 3 D =2 (Core)

Fri- Easy Run: A = 6 B = 4 C = 3 D = 2 (Drills/Strides Day)

Sat- Tempo Run: A = 4 B = 3 C/D = 2

Sun- OYO

**Week 4**

Mon- Long Run: A = 8 B = 7 C = 5 D = 4

Tues- Easy Run: A = 6 B = 4 C = 3 D = 2 (Drills/Strides Day) (Core)

Wed- Fartlek: A/B = 1min hard, 30 sec easy, 2min hard, 1min easy, 3min hard, 90 sec easy, 4min hard, 2min easy 4min hard, 2min easy, 3min hard, 90 sec easy 2min hard, 1 min easy, 1min hard, 30 sec easy. | C/D = second half of the fartlek

Thurs- Easy Run: A = 5 B = 4 C = 3 D = 2 (Core)

Fri- Easy Run: A = 6 B = 5 C = 3 D = 2 (Drills/Strides Day)

Sat- Cutdown Tempo: A/B = 5 C/D = 3

Sun- OYO

**Week 5**

Mon- Long Run: A = 8 B = 7 C = 5 D = 4

Tues- Easy Run: A = 6 B = 5 C = 3 D = 2 (Drills/Strides Day) (Core)

Wed- Hill Circuits

Thurs- Easy Run: A = 6 B = 5 C = 3 D = 2 (Core)

Fri- Easy Run: A = 4 B = 3 C = 2 D = 1(Drills/Strides Day)

Sat- **RACE** (post-race workout- 8 x 1 minute hard, 1 min easy fartlek for A group)

Sun- OYO

**Week 6**

Mon- OYO (Labor Day)

Tues- Tues- Steady State/Tempo Repeats:

A= 2 miles at Steady State Pace, ½ mi jog recovery, 2 miles at Tempo Run Pace, ½ mi jog recovery, 2 miles at Tempo Run Pace

B= 2 miles at Steady State Pace, ½ mi jog recovery, 2 miles at Tempo Run Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace

C= 1 mile at Steady State Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace

D= 1 mile at Tempo Run Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace

Wed- Easy Run: A = 6 B = 5 C = 3 D = 2(Core)

Thurs- A/B/C/D: Warm-up. Drills. 8 nice, good 150 meter strides. Cool-down.

Fri- Easy Run: A = 5 miles B = 4 miles C = 3 miles D = 2 miles (Drills/Strides Day)

Sat- **RACE** (post-race workout- hills for A group)

Sun- OYO

Sun- OYO

**Week 7**

Mon- Long Run: A = 9 B = 8 C = 6 D = 5

Tues- Easy Run: A = 6 B = 5 C = 4 D = 3 (Drills/Strides Day)

Wed- Cutdown Tempo: A = 8 B = 6 C = 4 D = 3

Thurs- Easy Run: A = 6 B = 5 C = 4 D = 3 (Core)

Fri- Easy Run: A = 6 B = 5 C = 4 D = 3 (Drills/Strides Day)

Sat- Repeat 400s: A = 16 B = 12 C = 8 D = 6

Sun- OYO

**Week 8 (Down Week)**

Mon- Easy Run: A/B = 3 C/D = 2 (Core)

Tues- Easy Run: A/B = 4 C/D = 3 (Drills/Strides Day)

Wed- Easy Run: A/B = 3 C/D = 2 (Core)

Thurs- Easy Run: A/B = 4 C/D = 3

Fri- A/B/C/D = 3 miles (Drills/Strides Day)

Sat- **RACE** (post-race workout- Broken Tempo: 8 x 200 at race pace/300 float for A group)

Sun- OYO

**Week 9**

Mon- Long Run: A = 10 B = 8 C = 6 D = 5

Tues- Easy Run: A = 6 B = 5 C = 4 D = 3 (Drills/Strides Day) (Core)

Wed- Repeat 800s: A = 8 B = 6 C = 5 D = 4 | All: Finish with 4, 6 or 8 x 100 meters fast with 200 meter jog recovery.

Thurs- Easy Run: A = 5 B = 4 C/D = 3 (Core)

Fri- Easy Run: A/B = 4 C/D = 3 (Drills/Strides Day)

Sat- **RACE** (post-race workout- 3 mile Steady State for A group)

Sun- OYO

Sun- OYO

**Week 10**

Mon- Long Run: A/B = 10 C = 8 D = 6

Tues- Easy Run: A = 6 B = 5 C = 4 D = 3 (Drills/Strides Day) (Core)

Wed- Cruise 300s at 5k race pace with 200 jog recovery: A= 16 B= 14 C/D= 12

Thurs- Easy Run: A = 5 B = 4 C/D= 3 (Core)

Fri- Easy Run: A/B/C/D = 3 miles (Drills/Strides Day)

Sat- **CONFERENCE CHAMPIONSHIP!**

Sun- OYO

**Week 11**

Mon- Long Run: A/B = 8 C = 6 D = 5

Tues- Easy Run: A = 5 B = 4 C/D = 3 (Drills/Strides Day) (Core)

Wed- Repeat Miles: A/B = 5 C/D = 4 | All: Finish with 4 x 200 fast with 200 jog recovery

Thurs- Easy Run: A = 5 B = 4 C/D = 3 (Core)

Fri- Easy Run: A = 5 B = 4 C/D = 3 (Drills/Strides Day)

Sat- Broken Tempo: A/B/C/D= 5k total= 800 at 5k pace, 400 float x 4, straight into a 200 meter all-out “kick!"

Sun- OYO

**Week 12**

Mon- Easy Run: A/B = 6 C/D = 4

Tues- Broken Tempo- The Michigan: A/B = 1200 at slightly faster than 5k pace, 1mi float, 800 at 3200 pace, 1mi float, 400 FAST! | C/D = 1200 at slightly faster than 5k pace, ½ mi float, 800 at 3200 pace, ½ mi float, 400 FAST!

Wed- Easy Run: A = 5 B = 4 C/D = 3 (Core)

Thurs- Easy Run: A = 5 B = 4 C/D = 3 (Core)

Fri- Easy Run: A/B/C/D = 3 miles (Drills/Strides Day)

Sat- **DISTRICTS** (post-race workout- hills for A group)

Sun- OYO

**Week 13**

Mon- Long Run: A = 6 B = 5

Tues- Easy Run: A = 5 B = 4 (Drills/Strides Day) (Core)

Wed- Repeat Miles: 3 x 1 mile at faster than race pace with 3-5 minutes full recovery. Finish with 4 x 400 at mile race pace with 400 meter jog recovery.

Thurs- Easy Run: 4 miles

Fri- Easy Run: 3 miles

Sat- **SECTIONALS**

Sun- OYO

**Week 14**

Mon- Easy Run: 5 miles

Tues- Fartlek: 8 x 1minute hard (race pace), 1 minute easy

Wed- Easy Run: 4 miles

Thurs- Easy Run: 3 miles

Fri- Easy Run: 3 miles

Sat- **STATE MEET!!**

**BOYS**

**Week 1 (Just Running)**

Mon- A = 8 B = 6 C/D = 1-2 (Core)

Tues- A = 8 B = 6 C/D = 1-2 (Drills/Strides Day)

Wed- A = 8 B = 6 C/D = 1-2 (Core)

Thurs- A = 8 B = 6 C/D = 1-2 (Drills/Strides Day)

Fri- Easy Run: A = 8 B = 6 C = 1-2

Sat- A = 8 B = 6 C/D = 1-2 (Drills/Strides Day)

Sun- OYO

**Week 2**

Mon- A = 8 B = 6 C/D = 1-2 (Core)

Tues- A = 8 B = 6 C/D = 1-2 (Drills/Strides Day)

Wed- A = 40 minute fartlek – 3 minutes hard, 2 minutes easy. B= 30 minute fartlek. Same format as A group. C/D = One Mile Time Trial to determine pace groups.

Thurs- A = 5 B = 3 C/D = 1-2 (Core)

Fri- Easy Run: A = 8 B = 6 C = 1-2

Sat- A/B= Steady State Run: A- 6 B- 5 | C/D= fartlek- 8 x 1min hard, 1 min easy.

Sun- OYO

**Week 3**

Mon- Long Run: A = 10 B = 8 C/D = 3-4

Tues- Easy Run: A = 8 B = 6 C/D = 2-3 (Drills/Strides Day) (Core)

Wed- Hill Circuits

Thurs- Easy Run: A = 8 B = 6 C/D = 2-3 (Core)

Fri- Easy Run: A = 8 B = 6 C/D = 2-3 (Drills/Strides Day)

Sat- Tempo Run: A = 4 B = 3 C/D= 2

Sun- OYO

**Week 4**

Mon- Long Run: A = 12 B = 10 C/D = 3-4

Tues- Easy Run: A = 8 B = 6 C/D = 2-3 (Drills/Strides Day) (Core)

Wed- Fartlek: A/B = 1min hard, 30 sec easy, 2min hard, 1min easy, 3min hard, 90 sec easy, 4min hard, 2min easy 4min hard, 2min easy, 3min hard, 90 sec easy 2min hard, 1 min easy, 1min hard, 30 sec easy. | C/D = second half of the fartlek

Thurs- Easy Run: A = 6 B = 5 C/D = 2-3 (Core)

Fri- Easy Run: A = 8 B = 6 C = C/D = 2-3(Drills/Strides Day)

Sat- Cutdown Tempo: A/B = 5 C/D= 3

Sun- OYO

**Week 5**

Mon- Mon- Long Run: A = 12 B = 10 C/D = 3-4

Tues- Easy Run: A = 8 B = 6 C/D = 2-3 (Drills/Strides Day) (Core)

Wed- Hill Circuits

Thurs- Easy Run: A = 8 B = 6 C/D = 2-3 (Core)

Fri- Easy Run: A = 4 B = 3 C/D = 1-2 (Drills/Strides Day)

Sat- **RACE** (post-race workout- 8 x 1 minute hard, 1 min easy fartlek for A group)

Sun- OYO

**Week 6**

Mon- OYO (Labor Day)

Tues- Steady State/Tempo Repeats:

A= 2 miles at Steady State Pace, ½ mi jog recovery, 2 miles at Tempo Run Pace, ½ mi jog recovery, 2 miles at Tempo Run Pace

B= 2 miles at Steady State Pace, ½ mi jog recovery, 2 miles at Tempo Run Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace

C= 1 mile at Steady State Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace

D= 1 mile at Tempo Run Pace, ½ mi jog recovery, 1 mile at Tempo Run Pace

Wed- Easy Run: A = 8 B = 6 C/D = 2-3 (Core)

Thurs- A/B/C/D: Warm-up. Drills. 10 nice, good 150 meter strides. Cooldown.

Fri- Easy Run: A= 5 miles B= 4 miles C= 3 miles D= 2 miles (Drills/Strides Day)

Sat- **RACE** (post-race workout- hills for A group)

Sun- OYO

**Week 7**

Mon- Long Run: A = 12 B = 10 C/D = 5-6

Tues- Easy Run: A = 8 B = 6 C/D = 3-4 (Drills/Strides Day)

Wed- Cutdown Tempo: A= 8 B= 6 C= 4 D= 3

Thurs- Easy Run: A = 8 B = 6 C/D = 3-4 (Core)

Fri- Easy Run: A = 8 B = 6 C/D = 3-4 (Drills/Strides Day)

Sat- Repeat 400s: A= 20 B= 16 C= 12 D= 8

Sun- OYO

**Week 8 (Down Week)**

Mon- Easy Run: A/B = 4 C/D = 3 (Core)

Tues- Easy Run: A/B = 4 C/D = 3 (Drills/Strides Day)

Wed- Easy Run: A/B = 4 C/D = 3 (Core)

Thurs- Easy Run: A/B = 4 C/D = 3

Fri- A/B/C/D= 3 miles (Drills/Strides Day)

Sat- **RACE** (post-race workout- Broken Tempo: 8 x 200 at race pace/300 float for A group)

Sun- OYO

**Week 9**

Mon- Long Run: A = 12 B = 10 C= 8 D= 6

Tues- Easy Run: A = 8 B = 6 C/D = 3-4 (Drills/Strides Day) (Core)

Wed- Repeat 800s at 5k race pace with 400 jog recovery: A= 10 B= 8 C= 6 D= 4 | All: Finish with 4, 6 or 8 x 100 meters fast with 200 meter jog recovery.

Thurs- Easy Run: A = 6 B = 5 C /D= 3-4 (Core)

Fri- Easy Run: A = 5 B = 4 C/D = 3 (Drills/Strides Day)

Sat- **RACE** (post-race workout- 4 mile Steady State for A group)

Sun- OYO

**Week 10**

Mon- Long Run: A/B = 10 C = 8 D= 6

Tues- Easy Run: A = 8 B = 6 C/D = 4 (Drills/Strides Day) (Core)

Wed- Cruise 300s at 5k race pace with 200 jog recovery: A= 16 B= 14 C/D= 12

Thurs- Easy Run: A = 6 B = 5 C/D= 4 (Core)

Fri- Easy Run: A/B/C/D= 3 miles (Drills/Strides Day)

Sat- **CONFERENCE CHAMPIONSHIP!**

Sun- OYO

**Week 11**

Mon- Long Run: A/B = 10 C = 8 D= 6

Tues- Easy Run: A = 6 B = 5 C = 4 (Drills/Strides Day) (Core)

Wed- Repeat Miles: A/B= 5 C/D= 4 | All: Finish with 4 x 200 fast with 200 jog recovery

Thurs- Easy Run: A = 6 B = 5 C/D= 4 (Core)

Fri- Easy Run: A = 6 B = 5 C/D = 4 (Drills/Strides Day)

Sat- Broken Tempo: A/B/C/D= 5k total= 800 at 5k pace, 400 float x 4, straight into a 200 meter all-out “kick!"

Sun- OYO

**Week 12**

Mon- Easy Run: A/B = 8 C/D= 5-6

Tues- Broken Tempo- The Michigan: A/B= 1600 at 5k pace, 1mi float, 1200 at slightly faster than 5k pace, 1mi float, 800 at 3200 pace, 1mi float, 400 FAST! | C/D= 1200 at slightly faster than 5k pace, 1mi float, 800 at 3200 pace, 1mi float, 400 FAST!

Wed- Easy Run: A = 6 B = 5 C/D= 4 (Core)

Thurs- Easy Run: A = 6 B = 5 C/D= 4 (Core)

Fri- Easy Run: A/B/C/D= 3 miles (Drills/Strides Day)

Sat- **DISTRICTS** (post-race workout- hills for A group)

Sun- OYO

**Week 13 (A & B Only from this point on)**

Mon- Long Run: A = 8 B = 7

Tues- Easy Run: A = 5 B = 4 (Drills/Strides Day) (Core)

Wed- Repeat Miles: 3 x 1 mile at faster than race pace with 3-5 minutes full recovery. Finish with 4 x 400 at mile race pace with 400 meter jog recovery.

Thurs- Easy Run: 4 miles

Fri- Easy Run: 3 miles

Sat- **SECTIONALS**

Sun- OYO

**Week 14**

Mon- Easy Run: 5 miles

Tues- Fartlek: 8 x 1minute hard (race pace), 1 minute easy

Wed- Easy Run: 4 miles

Thurs- Easy Run: 3 miles

Fri- Easy Run: 3 miles

Sat- **STATE MEET!!**