

Blue Ridge High School Cross Country Summer Training Program

Champions are made during the off-season!

There are two categories of cross country runners. Those that train during the summer and those that don't. The most successful cross country runners train year round. The majority of the miles champions run to prepare for their cross country season are completed during the summer. There is no substitute for building a solid foundation for your season.

Listed below are guidelines to help you determine which training plan to use. Each plan is targeted at a specific weekly goal mileage for the season. The idea behind summer training is that you gradually build up your mileage to what you will be maintaining for most of the regular season. If you follow this plan I will not be increasing your weekly mileage during the season. When deciding what plan to follow, there are two important questions you need to answer. First, how many consecutive years have you run? Second, what's the highest weekly mileage that you have successfully (injury free) maintained for at least four consecutive weeks?

- Running for less than one year (incoming Freshman who ran in junior high) = Goal of 30 miles per week (Note: Start out more with fewer miles if needed.)
- Running for 1 entire year AND have successfully repeated 30 miles per week = Goal of 40 miles per week
- Running for 2 entire years AND have successfully repeated 40 miles per week = Goal of 50 miles per week
- Running for 3 entire years AND have successfully repeated 50 miles per week = Goal of 60 miles per week

For running 50 & 60 miles per week I recommend breaking some days up into a morning and afternoon run. This allows you to get in the full benefit of your goal mileage while decreasing the stress on your body.

Also, I recommend that you do 15-30 minutes of "circuit training." This should consist of 2-3 sets of the following exercises (one circuit = 1 set of each exercise): Push-ups, chin-ups, lunges, sit-ups/crunches, and squats (if you have done them before). Once you finish a set, you start a new one by repeating the sequence of exercises. You can complete these exercises at home. Milk jugs filled with water make a great substitute for dumbbells. 1 gallon of water = 8.3 pounds. Call me if you would prefer to use the high school gym.

Coach Fogle – 368-7676