



**WHS 2019-2020
Beginner Level Summer Training Plan**



This training plan is intended for those who have never run cross country, and who do not train regularly. This is not an absolute training plan and can be adapted to your schedule. However, those who stick to the plan will be prepared for the fall training program and will perform better at meets. To be successful in the fall, you should be able to run a 5K (3.1 miles) continuous when school starts. Find running partners, whether on the team or not.

Week	50% Mon	50-75% Tue	75% Wed	75% Thu	Uncomfortable Fri	Uncomfortable Sat	Uncomfortable Sun**
1	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30 min walk
2	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
4	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
5	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
6	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
7	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
8	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	5K Race Ready

	Time instead of Miles		Run/Walk
1	1.5 miles	15 min	3min/2 min
2	1.75 mi	18 min	3min/1 min
3	2 mi	18 min	4 min/ 1min
4	2.25 mi	20 min	5 min/ 1 min
5	2.5 mi	20 min	5 min/ 1 min
6	2.75 mi	20 min	3 min/ 30 sec
7	3 mi	25 min	3 min/ 30 sec
8	3 mi	26 min	1 min/ 30 sec

Time does not equal pace. You should be able to run for this long. Distance will possibly be longer.

** At the beginning you should be walking briskly to elevate your heart rate. By week 5, your walk speed should be just slightly slower than a run.

Uncomfortable: is a pace that pushes you. You should have trouble talking while running but not be out of breath.

50%: What would be a 'warm-up' pace. Nice and easy. Faster than a brisk walk.

75%: Running but comfortable. Able to still talk while running with ease.

Weeks 1-2 run at least 3 days/week

Weeks 3-4 run at least 4 days/week

Week 6+ you should be running 5 days/week

5K Race Ready= Ready to start fall training/ready for try-outs