



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



This training plan is intended for those who have 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 **5 miles continuous** when school starts. Find running partners, whether on the team or not.

Week	50-75%		Wed	75%	75%-Fast	Uncomfortable
	Mon	Tue		Thu	Fri	Sat
1	Rest	3 mi run	Sprint 1 min/run 50% speed 1 min (10 min total)	3 mi run	Rest	3 mi run 5 mi run
2	Rest	3 mi run	30 min tempo	3 mi run	Rest	3 mi fast 5 mi run
3	Rest	3 mi run	Sprint 1 min/ run 75% speed 1 min (15 min total)	3 mi run	Rest	4 mi run 6 mi run
4	Rest	3 mi run	35 min tempo	3 mi run	Rest	Rest <b>5K Test</b>
5	Rest	3 mi run	75% 3 min/ 50% 1 min ( 20 min total)	3 mi run	Rest	4 mi fast 6 mi run
6	Rest	3 mi run	40 min tempo	3 mi run	Rest	5 mi run 7 mi run
7	Rest	3 mi run	75% 5 min/ 50% 1 min (25 min total)	3 mi run	Rest	5 mi fast 7 mi run
8	Rest	3 mi run	30 min tempo	2 mi run	Rest	Rest <b>5K Race ready</b>

Time instead of miles at **75%**

2 mi	20 min
3 mi	25 min
4 mi	30 min
5 mi	35 min
6 mi	40 min
7 mi	40 min

**Tempo Runs:** This is a continuous run with an easy beginning, a buildup in the middle to near 10K race pace (80-85% speed), then ease back and cruise to the finish. A typical tempo run would begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down. You can't figure out your pace on a watch doing this workout; you need to listen to your body. Tempo runs are very useful for developing your anaerobic threshold, essential for fast 5K racing.

**Fast:** 80% effort

**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.

**Sprint:** is 100% effort. You should not be able to talk. You should almost be out of breath

**5K Test= Run/time a 5k at 100% effort**

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