



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



This training plan is intended for those who have previously run cross country and run regularly. If you do not run regularly, you should start with the 'Intermediate' plan or utilize run/walk at the beginning. 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 5-6 miles continuous when school starts. As veteran runners you should also be running 5-6 days/week every week. Find running partners, whether on the team or not.

Week	Mon	50-75% Tue	75% Wed	75% Thu	Fri	75-80% Sat	Uncomfortable Sun**
1	Rest or Cross Train	3 mi run	Rest or run/walk	3 mi run	Rest	3 mi run	4 mi run
2	Rest or Cross Train	3 mi run	Rest or run/walk	3.5 mi run	Rest	4 mi run	5 mi run
3	Rest or Cross Train	3 mi run	Rest or run/walk	4 mi run	Rest	3 mi run	3 mi run
4	Rest or Cross Train	3 mi run	Rest or run/walk	4.5 mi run	Rest	4 mi run	5 mi run
5	Rest or Cross Train	3 mi run	Rest or run/walk	5.0 mi run	Rest	3 mi run	6 mi run
6	Rest or Cross Train	3 mi run	Rest or run/walk	5.5 mi run	Rest	4 mi run	4 mi run
7	Rest or Cross Train	3 mi run	Rest or run/walk	6 mi run	Rest	3 mi run	7 mi run
8	Rest or Cross Train	3 mi run	Rest or run/walk	3 mi run	Rest	Rest	<b>10K Race Ready</b>

Time instead of Miles	Run/Walk
3 mi run	25 min
4 mi run	30 min
4.5 mi run	35 min
5 mi run	40 min
5.5 mi run	45 min
6 mi run	50 min
7 mi run	55 min

% effort should be equal to day notated in chart above  
Times= continuous running. It is acceptable to run/walk in the beginning but you should transition to continuous by the 4th week.

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

Cross Train: 30-45 of exercise to increase Heart Rate 10-20%: ex. Basketball, volleyball, riding a bike, weightlifting, etc.

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.

**10K Race Ready= Ready to start fall training/ready for try-outs**

10K= 6.2 miles