Vista Peak Preparatory Cross Country

Summer Running Chart

**Why**: The summer running chart is to provide a guide to your summer training. The goal is to prevent both over and under-training by gradually working up to the first week of the season. There are no skipping weeks. If you do miss a week go back to the last week you left off. This will gradually prepare you for the first day of practice. If you would like to modify your summer plan please contact Coach Thigpen for help with specifics.

**Cross Training**: Biking, swimming and hiking are all great cross training activities and it is highly recommended that you stay active in addition to running.

**Summer Running**: Make sure you stay hydrated when running this summer and don’t run during the hottest part of the day. Try to run first thing in the morning or in the evening when the weather is cooler. Try to run at different locations so you don’t get bored with your running. Run with a friend, parent or teammate for safety and to keep you motivated. Keep a log of your running so you and I can see all the hard work you put in this summer.

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|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| Level Explanation | First Year high school runner or haven’t run since last season | Second year high school runner or athlete who has a small base to build off of | Third year high school runner training 6 or more months per year | Fourth year high school runner or special permission athlete |
| Week 1 | 4 miles over 2 runs | 5 miles over 2 runs | 6 miles over 2 runs | 7 miles over 2 runs |
| Week 2 | 5 miles over 2 runs | 6 miles over 2 runs | 7 miles over 2 runs | 8 miles over 2 runs |
| Week 3 | 6 miles over 2 runs | 9 miles over 3 runs | 10 miles over 3 runs | 10 miles over 3 runs |
| Week 4 | 7 miles over 3 runs | 10 miles over 3 runs | 12 miles over 3 runs | 12 miles over 3 runs |
| Week 5 | 8 miles over 3 runs | 12 miles over 3 runs | 14 miles over 4 runs | 16 miles over 4 runs |
| Week 6 | 9 miles over 3 runs | 14 miles over 4 runs | 16 miles over 4 runs | 19 miles over 4 runs |
| Week 7 | 10 miles over 3 runs | 16 miles over 4 runs | 18 miles over 4 runs | 22 miles over 5 runs |
| Week 8 | 12 miles over 4 runs | 16 miles over 4 runs | 20 miles over 5 runs | 24 miles over 5 runs |
| Week 9 | 14 miles over 4 runs | 18 miles over 5 runs | 24 miles over 5 runs | 27 miles over 6 runs |
| Total Miles | 75 | 106 | 127 | 145 |
| Sample Workouts | First 5 weeks mix walking with running if you need. (Example: 1 mile run; 10 minute walk; 1 mile run). After week 5 work up to all running. | First 3-4 weeks mix walking with running if you need. (Example: 2 mile run; 10 minute walk; 0.5 mile run; 5 minute walk). After first 3-4 weeks work up to all running. | Break runs up for mileage, but try to make all runs at least 3 miles. (Example Week 2—do a 4 mile run and a 3 mile run or two 3.5 mile runs.) Last 3 weeks add some tempo runs into your week. | Break runs up for mileage but try to make all runs at least 3 miles. (Example Week 2—do a 3 mile run and a 5 mile run or do two 4 mile runs). Last 3 weeks add some temp runs into your week. |

Make sure I have your contact phone number so we can try to get together the end of July and do some non-mandatory running as a team.

Call or text me with any questions. Have a safe summer!

Coach Thigpen

720-641-8821