

## LAKE PARK GIRLS CROSS-COUNTRY: WORKOUTS THAT WORK

### SOME PRACTICAL IDEAS FOR TRAINING HIGH SCHOOL GIRLS CROSS-COUNTRY RUNNERS:

1. WE HAVE A COMPREHENSIVE SEASON PLAN BEFORE WE BEGIN (IT WILL ADJUST AND CHANGE AS THE SEASON GOES ON).
2. THE SEASON PLAN BEGINS ABOUT JUNE 12 WITH THE START OF SUMMER RUNNING.
3. WE HAVE 7 WEEKS OF SUMMER RUNNING, MON.-THURS. EACH WEEK ( WE BEGIN ON A WED. AND DO NOT MEET ON 7/4 ) = 25 CONTACT DAYS
4. MOST SUMMER RUNS ARE DISTANCE RUNS. WEEKLY MILEAGE WILL BUILD DURING THE SUMMER.
5. WE DO 2 TIME TRIALS DURING THE SUMMER: A ONE MILE TRIAL IN WEEK# 2, AND A 1 ½ MILE TRIAL IN WEEK # 7.
6. WE USE DANIEL'S RUNNING FORMULA TO DETERMINE SOME TYPES OF WORKOUTS AND HOW FAST TO RUN THEM.
7. WE DO THE OPPOSITE OF "TRADITIONAL" DISTANCE TRAINING: WE START THE SEASON WITH SHORT REPEATS (400's) AT RACE PACE AND BUILD TO LONG REPEATS AT RACE PACE DURING THE WEEK OF SECTIONALS (1600's).
8. WE TRY TO RUN OUR DISTANCE RUNS AT 1:00- 1:30 PER MILE PACE SLOWER THAN RACE PACE. EXAMPLE: 19:30 FOR 3 MILE RACE=6:30 PER MILE PACE, 6 MILE DISTANCE RUN SHOULD BE 45-48 MINUTES.
9. WE WILL DO ONE LACTATE THRESHOLD RUN OF 1 ½- 2 ½ MILES PER WEEK DURING THE FIRST 4 WEEKS OF THE FALL SEASON (WE ONLY HAVE ONE WEEKDAY MEET DURING THE FIRST 5 WEEKS OF THE FALL SEASON AND 3 WEEKDAY MEETS OVERALL). THRESHOLD PACE IS DETERMINED BY USING THE VDOT CHARTS IN DANIEL'S BOOK: RACE PACE: 19:30 FOR 3 MILES= VDOT OF 50-51. A 2 MILE THRESHOLD RUN SHOULD BE: 13:28- 13:52.

### SPECIFIC WEEK SCHEDULES FROM 2007 SEASON:

Warm up runs on distance run days are 800 meters.

We will stretch following warm up runs.

We do core strengthening at the end of every practice.

WEEK # 2 8/20-8/26

MONDAY: 1 ¾ mile warm up, 1 ½ mile lactate threshold run, 1 ¾ mile cool down

TUESDAY: 5 mile distance run

WEDNESDAY: 2 ¼ mile warm up, 2 sets of 3x400 at race pace (1 min. rest, 5 min. rest between sets) 1 mile cool down

THURSDAY: 7 mile run

FRIDAY: 2 ¾ mile run

SATURDAY: 2 mile warm up, 2 mile time trial, 1 mile cool down

SUNDAY: 30 min. run on own

WEEK # 6 9/17- 9/23

MONDAY: 5 mile run

TUESDAY: HOME MEET v Neuqua Valley, Bartlett, Streamwood, South Elgin

WEDNESDAY: 8 mile run

THURSDAY: 2 mile warm up, 3x800 at race pace ( 2:00-2:30 rest), 2 mile cool down

FRIDAY: 2 ¾ mile run

SATURDAY: At MIDWEST INVITATIONAL MEET in JANESVILLE, WIS. (4000 meter race)

SUNDAY: 30 min. run on own

WEEK # 11 10/22- 10/28

MONDAY: 7 mile run

TUESDAY: 2 mile warm up, 3x 1 mile at race pace (4:00-5:00 min rest), 2 mile cool down

WEDNESDAY: 5 mile run

THURSDAY: 4 mile run, 4x 100 sprints, 800 cool down

FRIDAY: ½ mile warm up, run the sectional course at Busse Woods

SATURDAY: IHSA SECTIONAL MEET AT BUSSE WOODS

SUNDAY: 30 min. run on own