

# RUHS XC Summer Training

This calendar is only a guideline and not a training plan

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Off	<b>2</b> Off	<b>3</b> Off	<b>4</b> Off	<b>5</b> Off	<b>6</b> Off
						<b>WEEK TOTAL:</b> <b>0</b>
<b>7</b>	<b>8</b> Off	<b>9</b> Off	<b>10</b> Off	<b>11</b> Off	<b>12</b> Off	<b>13</b> Off
						<b>WEEK TOTAL:</b> <b>0</b>
<b>14</b> 4-8 miles Long run--easy pace	<b>15</b> 2-5 miles Easy pace Striders Plyos Core	<b>16</b> Off	<b>17</b> 2-5 miles Easy pace Core	<b>18</b> 2-4 miles Tempo pace/Fartlek	<b>19</b> 2-5 miles Easy pace Striders Plyos Core	<b>20</b> Off
						<b>WEEK TOTAL:</b> <b>12-27 miles</b>
<b>21</b> 5-9 miles Long run--easy pace	<b>22</b> 3-6 miles Easy pace Striders	<b>23</b> 2 miles OR Off Easy pace	<b>24</b> 3-6 miles Easy pace Core	<b>25</b> 2-4 miles Tempo pace/Fartlek	<b>26</b> 2-5 miles Easy pace Striders Plyos Core	<b>27</b>
						<b>WEEK TOTAL:</b> <b>12-27 miles</b>
<b>28</b> 5-9 miles Long run--easy pace	<b>29</b> 3-6 miles Easy pace Striders	<b>30</b> 2 miles OR Off Easy pace				
		<b>Notes:</b>				
		<b>Stay loose:</b> Stretch before and after every workout				
		<b>Stay healthy:</b> If you are hurt or sick, take the day off				
		<b>Stay cool:</b> Drink lots of water every day, and try to run in the morning or the evening				

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# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 3-6 miles Easy pace Core	<b>2</b> 2-4 miles Tempo pace	<b>2</b> 2-5 miles Easy pace Striders Plyos Core	<b>4</b> Off  <b>WEEK TOTAL:</b> <b>15-32 miles</b>
<b>5</b> 5-8 miles Long run--easy pace	<b>6</b> 3-5 miles Easy pace Striders Plyos Core	<b>7</b> Off	<b>8</b> 3-5 miles Easy pace Core	<b>9</b> 2-4 miles Tempo pace	<b>10</b> 2-5 miles Easy pace Striders Plyos Core	<b>11</b> Off  <b>Recovery Week</b> <b>WEEK TOTAL:</b> <b>15-27 miles</b>
<b>12</b> 6-10 miles Long run-easy pace	<b>13</b> 3-6 miles Easy pace Striders Plyos Core	<b>14</b> 3 miles OR off Easy pace	<b>15</b> 4-7 miles Easy pace Core	<b>16</b> 2-4 miles Tempo pace/Fartlek	<b>17</b> 4-6 miles Easy pace Striders Plyos Core	<b>18</b> Off  <b>WEEK TOTAL:</b> <b>19-36 miles</b>
<b>19</b> 6-10 miles Long run-easy pace	<b>20</b> 3-6 miles Easy pace Striders	<b>21</b> 3 miles OR off Easy pace	<b>22</b> 4-7 miles Easy pace	<b>23</b> 2-4 miles Tempo pace/Fartlek	<b>24</b> 4-6 miles Easy pace Striders Plyos Core	<b>25</b> Off  <b>WEEK TOTAL:</b> <b>19-36 miles</b>
<b>26</b> 6-10 miles Long run-easy pace	<b>27</b> 3-6 miles Easy pace Striders	<b>28</b> 3 miles OR off Easy pace	<b>29</b> 4-7 miles Easy pace	<b>30</b> 2-4 miles Tempo pace/Fartlek	<b>31</b> 4-6 miles Easy pace Striders Plyos Core	<b>WEEK TOTAL:</b> <b>19-36 miles</b>
<b>Notes:</b>						
<b>Stay loose:</b> Stretch before and after every workout						
<b>Stay healthy:</b> If you are hurt or sick, take the day off						
<b>Stay cool:</b> Drink lots of water every day, and try to run in the morning or the evening						

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# AUGUST

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		3	3-6 miles	4	3 miles OR off	5	4-7 miles	6	2-4 miles	7	4-6 miles	8	OFF
			Easy Pace		Easy pace		Easy pace		Tempo pace/Fartlek		Easy pace		
			Striders				Core				Striders		
			Plyos								Plyos		
			Core								Core		<b>WEEK TOTAL: 19-36 miles</b>
9	7-12 miles	10	<b>First practice</b>	11	4 miles hills	12	5-7 miles	13	Berlin pond race	14	OFF	15	
	Long run--easy pace				Hill repeats		Easy pace						
			3-7 miles				Core						
			Easy pace										<b>WEEK TOTAL: 25-41 miles</b>
			Core										
16		17		18		19		20		21		22	
23		24		25		26		27		28		29	
30		31		<b>Notes:</b>									
				<b>Stay loose:</b> Stretch before and after every workout									
				<b>Stay healthy:</b> If you are hurt or sick, take the day off									
				<b>Stay cool:</b> Drink lots of water every day, and try to run in the morning or the evening									