

# 2018 Milton Cross Country Summer Training Guidelines

**Duration:** 9 weeks (May 26-July 31)

Below you will find the recommended training guidelines for summer training. Select a training group based on your ability level.

**GROUP 1:** Average daily mileage 7-8 miles (1hr of running, on average, per day) 50-60 miles per week

3 days of easy runs of 45-60 minutes

1 day of easy run of 70 minutes

1 day LONG RUN-70 to 100 minutes of easy running

1 day 35-45 minute steady/tempo run (harder/faster paced run)

1 day off, no running, alternate exercise (swim, bike, etc)

Goal: Up to 450 miles (50 miles per week for 9 weeks)

**GROUP 2:** Average daily mileage 5-6 miles (45-55 min of running, on average, per day) 35-45 miles per week

3 days of easy runs of 40-45 minutes

1 day of easy run of 60 minutes

1 day LONG RUN-60 to 90 minutes of easy running

1 day 25-35 minute steady/tempo run (harder/faster paced run)

1 day off, no running, alternate exercise (swim, bike, etc)

Goal: Up to 315 miles (35 miles per week for 9 weeks)

**GROUP 3:** Average daily mileage 3-4 miles (25-40 min of running, on average, per day) 20-30 miles per week

4 days of easy runs of 25-35 minutes

1 day LONG RUN-50 to 80 minutes of easy running

2 days off, no running, alternate exercise (swim, bike, etc)

Goal: Up to 180-270 miles (20-30 miles per week for 9 weeks)

**GROUP 4:** Average daily mileage 1-3 miles (10-20 min of running, on average, per day) up to 20 miles per week

3 days of easy runs of 15-20 minutes

1 day LONG RUN-up to 45 minutes at most of easy running

3 days off, no running, alternate exercise (walk, swim, bike, etc)

Goal: Up to 180 miles (20 miles per week for 9 weeks)

## **Important Notes:**

\*Keep a Summer Running Log – you will receive lettering points for doing so! Excel spreadsheet available on the cross country website @ <http://www.miltonxc.org> (look under Forms & Links).

\*This is the basis for your entire cross country season. Without this summer training you **WILL** be behind many of your teammates & competitors. In addition, the possibility of injury will be greater if you do not train during the summer. It is very important that you train this summer!