

## SAINT JAMES CROSS COUNTRY

Welcome to Cross Country at Saint James School. Cross Country is offered to all students from grades 5-8. Elementary and middle school students generally run a race distance of 1.9 miles. Cross country is a sport that requires commitment, endurance, and a willingness to train beyond the few months of the actual season. Since the season begins as soon as school resumes, it is important to come prepared. Below I have outlined a summer training program that I would encourage anyone who is interested in running this September, to follow.

Beginning runners need a base of general fitness before they begin to undertake training specialized for racing. All beginners should focus on establishing a solid base of endurance, flexibility, and strength. Injuries in young runners happen most frequently when they try to rush their training. It would also be helpful to find friends that you can train with over the summer.

Those of you who are consistently running more than 10 miles a week can start at week five and progress from there. My top returning middle school runners should be starting the fall season with mileage between 15-20/week.

It is important to stretch before and after each run. Also, make a habit of doing crunches and push-ups each day. Your core strength will make you a better racer this fall. It is essential to train with running shoes that are in good condition. Training in old shoes can lead to injury.

A little background on myself.....I have been running competitively since high school and my transition to coaching has been thoroughly enjoyable. It began at Boston University, continued on to the University of Vermont, and then at UConn. Now I have the privilege of coaching the fine young students of Saint James.

1st practice: Tuesday, Sept. 5th - 2:00-3:30pm - All forms must be in beforehand

Additional practices: Tuesdays and Thursday from 2:00-3:30pm (with a few exceptions)

I look forward to working with each student and am excited about our upcoming Fall Season!

**Coach O'Neill**

### **Weeks 1 & 2 (7 miles/week)**

*Sunday: 1-2 mile jog at a steady pace*  
*Monday: Rest*  
*Tuesday: 1-2 mile jog (at a pace you can talk with a friend)*  
*Wednesday: 20 minutes light walking*  
*Thursday: 2 miles jogging/ walking equally mixed (5 minutes jog/5 minutes walk)*  
*Friday: 1 mile jog*  
*Saturday: Cross Train - ex: biking/swimming*

### **Weeks 3 & 4 (9 miles/week)**

*Sunday: 2-3 miles at a steady pace*  
*Monday: Rest of cross train*  
*Tuesday: 2 miles jogging with a brief walk if needed*  
*Wednesday: 1 mile jog*  
*Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)*  
*Friday: 1 mile jog*  
*Saturday: 20 minutes brisk walking*

### **Weeks 5 & 6 (12 miles/week)**

*Sunday: 3-4 miles at a steady pace*  
*Monday: Rest*  
*Tuesday: 2 mile jog*  
*Wednesday: 1 mile jog*  
*Thursday: 3 miles (try to go the distance without walking)*  
*Friday: 2 mile jog / finish with 3x30 second sprints*  
*Saturday: Light jogging and some short walking for 20 minutes*

### **Weeks 7 & 8 (15 miles/week)**

*Sunday: 4 mile run*  
*Monday: Rest*  
*Tuesday: 3 mile jog (try to run your 3rd mile at a faster pace)*  
*Wednesday: 2 mile jog (time yourself)*  
*Thursday: 3 miles at a steady pace/after you finish run 3x30 second sprints*  
*Friday: 2 mile jog*  
*Saturday: 1 mile run (attempt to race the mile)*

### **Weeks 9 & 10 (20 miles/week)**

*Sunday: 5 mile run (find a safe, shady route)*  
*Monday: 3 miles*  
*Tuesday: 4 miles*  
*Wednesday: Cross train or rest*  
*Thursday: 5 mile run*  
*Friday: Rest*  
*Saturday: Find a local 5k race*