

Saint James School
Summer Cross Country Training
(Open to Grades 5 – 8)

Week	Running (Relaxed)	Push-ups/ Sit-ups
1	10-15 minutes	10
2	10-15 minutes	10
3	10-15 minutes	15
4	15-20 minutes	15
5	15-20 minutes	20
6	15-20 minutes	20
7	20-25 minutes	30
8	20-25 minutes	30
9	20-25 minutes	35
10	25-30 minutes	35

Training Guidelines:

1. It is important to wear running shoes for training and meets. Cross-country athletes can run in a lightweight trainer with less cushioning without much risk of injury, and learning to run in such shoes will set your athlete up for running better throughout their life. Heavier, basketball-type shoes make it more challenging for runners.

2. Begin each run by stretching. Dynamic stretches help to get your body warmed up for running and also help to prevent injuries. Here is a short video with runner Ben Parkes demonstrating some of the dynamic stretches that we utilize during XC:

<https://www.youtube.com/watch?v=0R8nawyl-9c>

3. Run 3-4 days a week in June and July and 4-5 days a week in August.
4. Start at a relaxed pace and gradually increase as the summer progresses.
5. Pickups (2 mins on/2 mins off) once a week are a good way to imitate races.
6. Strides (100m fast x 5-6, walking between and also after runs).
7. Run in the morning or evening to beat the heat.
8. Run with a partner. It's safer and more fun!
9. Consistency is the key! Progress in order which allows the body to adapt to the increased mileage. Overuse injuries are usually from running too much too soon.
10. Be sure to stretch after each run.
11. **Always remember, a successful Cross Country Season is earned in the summer and will help make you better prepared and stronger when the season officially begins. If you are interested in running over summer break, please email Coach Page (npage@saintjamessschool.net).**