

Columbia Central High School  
Cross Country Summer Running Plan  
2017

<b>Week</b>	<b>Day</b>	<b>Workout/Run</b>
<b>Week 1</b>		
May 29	Monday	4-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
May 30	Tuesday	6-mile run. Easy pace.
May 31	Wednesday	5-mile run. Easy pace.
June 1	Thursday	60 mins of activity, but no running. (walk, hike, bike, etc.)
June 2	Friday	4-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 3	Saturday	8-mile long run. Easy pace.
June 4	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	27 miles in 5 days
<b>Week 2</b>		
June 5	Monday	4-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 6	Tuesday	7-mile run. Easy pace.
June 7	Wednesday	5-mile run. Easy pace.
June 8	Thursday	60 mins of activity, but no running. (walk, hike, bike, etc.)
June 9	Friday	5-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 10	Saturday	9-mile run. Easy pace.
June 11	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	30 miles in 5 days.
<b>Week 3</b>		
June 12	Monday	4-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 13	Tuesday	7-mile run. Easy pace.
June 14	Wednesday	5-mile run. Easy pace.
June 15	Thursday	5-mile run. Easy pace.
June 16	Friday	4-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 17	Saturday	9-mile long run. Easy pace.
June 18	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	35 miles in 6 days.
<b>Week 4</b>		
June 19	Monday	5-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 20	Tuesday	7-mile run. 2-mile warm up and 2-mile cool down then for middle 3 miles - 3 mins (5K pace) and 3 mins steady (slower but not as slow as "easy") fartlek.
June 21	Wednesday	6-mile run. Easy pace.
June 22	Thursday	5-mile run. Easy pace.
June 23	Friday	5-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 24	Saturday	9-mile long run. Easy pace. If you feel good the last 2 miles, you can speed up a tiny bit.

June 25	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	37 miles in 6 days
<b>Week 5</b>	<b>DEAD WEEK</b>	
June 26	Monday	6-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
June 27	Tuesday	7-mile run. 2 miles warm-up and 2 miles cool down. Middle 3 miles do 3 min on, 2 min steady of fartlek.
June 28	Wednesday	7-mile run. Easy pace
June 29	Thursday	5-mile run. Easy pace
June 30	Friday	5-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
July 1	Saturday	10-mile long run. Easy pace.
July 2	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	40 miles in 6 days.
<b>Week 6</b>	<b>DEAD WEEK</b>	
July 3	Monday	6-mile run with 4x20 sec strides at 5K pace with 60 sec. between strides in the middle of the run.
July 4	Tuesday	8-mile run. 2 miles warm-up and 2 miles cool-down. Middle 4 miles do 3 min on, 2 min steady of fartlek
July 5	Wednesday	8-mile run. Easy pace.
July 6	Thursday	5-mile run. Easy pace.
July 7	Friday	5-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
July 8	Saturday	10-mile long run. Easy pace. If you feel good the last 2 miles, you can speed up a tiny bit.
July 9	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	42 miles in 6 days
<b>Week 7</b>		
July 10	Monday	6-mile run with 4x20 sec strides at 5K pace with 60 sec. between strides in the middle of the run.
July 11	Tuesday	8-mile run. 2 miles warm-up and 2 miles cool-down. Middle 4 miles do 4 min on, 1 min steady of fartlek
July 12	Wednesday	8-mile run. Easy pace.
July 13	Thursday	5-mile run. Easy pace.
July 14	Friday	6-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
July 15	Saturday	11-mile long run. Easy pace.
July 16	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	44 miles in 6 days
<b>Week 8</b>		
July 17	Monday	6-mile run with 4x20 sec strides at 5K pace with 60 sec. between strides in the middle of the run.
July 18	Tuesday	8-mile run. 2 miles warm-up and 2 miles cool-down. Middle 4 miles do 4 min on, 1 min steady of fartlek
July 19	Wednesday	8-mile run. Easy pace.
July 20	Thursday	6-mile run. Easy pace.

July 21	Friday	6-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
July 22	Saturday	11-mile long run. Easy pace. If you feel good the last 2 miles, you can speed up a tiny bit.
July 23	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	45 miles in 6 days
<b>Week 9</b>		
July 24	Monday	6-mile run with 4x20 sec strides at 5K pace with 60 sec. between strides in the middle of the run.
July 25	Tuesday	8-mile run. 2 miles warm-up and 2 miles cool-down. Middle 4 miles do 4 min on, 1 min steady of fartlek
July 26	Wednesday	8-mile run. Easy pace.
July 27	Thursday	6-mile run. Easy pace.
July 28	Friday	6-mile run with 4x20 sec strides at 5K pace with 60 sec between strides in the middle of the run.
July 29	Saturday	11-mile long run. Easy pace. If you feel good the last 2 miles, you can speed up a tiny bit.
July 30	Sunday	60 mins of activity, but no running. (walk, hike, bike, etc.)
	<b>Total</b>	45 miles in 6 days
<b>Summer Total: 345 miles</b>		