

# 2018 SUMMER CONDITIONING

## Sample Training Schedule

**Level: 2nd year on team**

**Goal: 300 miles**

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	Weekly Total Miles of RUN	Weekly Hours of XTRAIN	=	Weekly Total Miles of XTRAIN
<b>1</b> 5/22-5/28	0	0	3	3	0	4	0	10	0		0
<b>2</b> 5/28-6/3	0	3	0	3	4	5	0	15	1		4
<b>3</b> 6/4-6/10	4	3	4	0	5	6	0	22	2		8
<b>4</b> 6/11-6/17	4	3	4	3	4	7	0	25	2		8
<b>5</b> 6/18-6/24	4	3	5	3	5	6	0	26	2		8
<b>6</b> 6/25-7/1	5	4	5	3	4	8	0	29	2		8
<b>7</b> 7/2-7/8	5	4	5	4	5	9	0	32	2		8
<b>8</b> 7/9-7/15	6	4	5	4	5	10	0	34	2		8
<b>9</b> 7/16-7/22	6	5	6	4	5	8	0	34	2		8
<b>10</b> 7/23-7/29	6	5	6	4	5	10	0	36	2		8

**Monday, July 30, 2018 - First day of official XC practice**

**Total RUN Miles:**

**263**

**Total XTRAIN Miles:**

**68**

**GRAND TOTAL: 331**

You can break up your mileage into twice a day workouts to hit your goals.

**You will need a minimum of 2 hours of cross training (XTRAIN) each week in order to hit your 300 mile goal!**

**XTRAIN equivalents:**

1 hour fitness class or strength training = 4 miles of running

1 hour of biking, elliptical, swimming = 4 miles of running

**Please note in the comments section on your training log when miles are from cross training and not running and note what that XTRAINING is!**

No more than 1/4 of your miles can be from XTRAINING. Example: 300 mile goal, a maximum of 75 miles from XTRAINING and at least 225 of your miles must be running miles. But you can do 225 miles running and unlimited XTRAINING miles so you could end up with more than your goal.

**Remember, this training schedule is just a guide.**

**Please move the workouts around to best fit your schedule.**

<http://www.ManateeCrossCountry.com>