

2018 SUMMER CONDITIONING

Sample Training Schedule

Level: 4th year on team

Goal: 500 miles

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	Weekly Total Miles of RUN	Weekly Hours of XTRAIN	=	Weekly Total Miles of XTRAIN
1 5/22-5/28	0	0	6	5	3	6	0	20	0		0
2 5/29-6/4	4	5	0	5	6	7	0	27	2		8
3 6/5-6/11	6	5	5	4	5	8	0	33	3		12
4 6/12-6/18	6	5	5	4	6	9	0	35	4		16
5 6/19-6/25	7	5	6	5	6	10	0	39	4		16
6 6/26-7/2	7	6	6	7	6	8	3	43	4		16
7 7/3-7/9	8	6	6	7	6	11	0	44	4		16
8 7/10-7/16	8	5	7	5	7	12	3	47	4		16
9 7/17-7/23	8	6	7	6	7	13	0	47	4		16
10 7/24-7/30	8	6	7	6	7	14	0	48	4		16

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

Total RUN Miles: **383** Total XTRAIN Miles: **132**

GRAND TOTAL: 515

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

You will need a minimum of 4 hours of cross training (XTRAIN) each week in order to hit your 500 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: 500 mile goal, a maximum of 125 miles from XTRAINING and at least 375 of your miles must be running miles. But you can do 375 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>