

Hampden Academy Cross Country Advanced Veterans Training Schedule

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles
1	3 miles	4 miles (with pickups)	Off	3 miles	5 miles (with pickups)	4 miles	Off	19
2	3 miles	6 miles (with pickups)	Off	4 miles	5 miles (with pickups)	4 miles	Off	22
3	3 miles	7 miles (with pickups)	Off	4 miles	6 miles (with pickups)	4 miles	Off	24
4	4 miles	7 miles (with pickups)	Off	4 miles	6 miles (with pickups)	5 miles	3 miles	29
5	4 miles	8 miles (with pickups)	Off	4 miles	7 miles (with pickups)	5 miles	Hills 3 repeats	32
6	5 miles	8 miles (with pickups)	Off	4 miles	7 miles (with pickups)	6 miles	Hills 4 repeats	34
7	5 miles (with pickups)	9 miles	Off	5 miles (with pickups)	Tempo Run	6 miles	Hills 5 repeats	36
8	6 miles (with pickups)	10 miles	Off	6 miles (with pickups)	Tempo Run	6 miles	Hills 6 repeats	40

Training Schedule Instructions

All runs should be preceded with a good warmup, the pace should be conversational miles except for run indicated.

Pickups: 4-6 form accelerations during your run (form acceleration means for 100-200 meters to accelerate to a speed that is your one mile race pace- concentrate on your form then, don't worry about it at other times while running)

Hills: After a good warmup (1-2 miles) jog to a hill that has a moderate grade. Run the hill at your 5K race pace and walk/jog back down to recover. The hill should be long enough so that it takes about a minute to run it and then cool down (1-2 miles).

Tempo Run: Jog the first 2 miles to make sure you are totally warmed up then increase your pace to 30 seconds slower than your current 5K pace, maintain the pace for three miles then slow down and run the last mile easy. (Road Races can replace these)

Hampden Academy Cross Country Veterans Training Schedule

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total miles
1	3 miles	3 miles	Off	3 miles	2-3 miles	4 miles	Off	16
2	3 miles	4 miles	Off	3 miles	4 miles	Off	3 miles	17
3	Off	3 miles	5 miles	3 miles	Off	4 miles	3 miles	18
4	4 miles	Off	3 miles	5 miles	3 miles	Off	4 miles	19
5	3 miles (with pickups)	5 miles	Off	3 miles (with pickups)	5 miles	4 miles	3 miles	23
6	3 miles (with pickups)	6 miles	Off	3 miles (with pickups)	6 miles	4 miles	3 miles	25
7	4 miles (with pickups)	7 miles	Off	4 miles (with pickups)	6 miles	Hills 3 repeats	3 miles	27
8	4 miles (with pickups)	7 miles	Off	4 miles (with pickups)	6 miles	Hills 4 repeats	3 miles	29

Training Schedule Instructions

All runs should be preceded with a good warmup, the pace should be conversational miles except for run indicated.

Pickups: 4-6 pickups of 30-40 seconds duration during your run

Hills: After a good warmup (1 miles) jog to a hill that has a moderate grade. Run the hill at your 5K race pace and walk/jog back down to recover. The hill should be long enough so that it takes about a minute to run it and then cool down (1 miles).

Hampden Academy Cross Country First and Second Year Runners Training Schedule

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total miles
1	15 minutes	15 minutes	Off	20 minutes	15 minutes	Off	25 minutes	6-10
2	20 minutes	Off	30 minutes	25 minutes	Off	2-3 miles	2 miles	11-12
3	Off	3 miles	3-4 miles	Off	3 miles	2 miles	4 miles	15
4	Off	3 miles	3 miles	4 miles	Off	2 miles	3 miles	15
5	4 miles	Off	3 miles	2 miles	5 miles	Off	3 miles	17
6	4 miles	3 miles	Off	2 miles	5 miles	3 miles	Off	17
7	4 miles	3 miles	4 miles	Off	3 miles	5 miles	Off	19
8	3 miles	Off	6 miles	Off	4 miles	4 miles	Off	20

Training Schedule Instructions

All runs should be preceded with a good warmup, the pace should be conversational miles except for run indicated.

Hampden Academy Cross Country For Students Who Have Never Run Before Training Schedule

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5 minutes	5 minutes	Off	7 minutes	7 minutes	Off	9 minutes
2	9 minutes	Off	11 minutes	11 minutes	Off	13 minutes	13 minutes
3	Off	15 minutes	15 minutes	21 minutes	17 minutes	17 minutes	Off
4	19 minutes	19 minutes	Off	20 minutes	20 minutes	Off	21 minutes
5	21 minutes	Off	21 minutes	21 minutes	21 minutes	21 minutes	21 minutes
6	26 minutes	26 minutes	Off	26 minutes	26 minutes	Off	26 minutes
7	27 minutes	Off	27 minutes	27 minutes	27 minutes	Off	27 minutes
8	34 minutes	34 minutes	Off	34 minutes	34 minutes	34 minutes	Off

Training Schedule Instructions

All workouts sessions should be preceded by 10-15 minutes of stretching

This workout schedule involves alternating (at a comfortable pace) with walking. Times given in the chart are the total times (including both walking and running)

Weeks 1 & 2: Alternate running one minute followed by walking one minute

Weeks 3 & 4: Alternate running two minutes followed by walking one minute

Weeks 5 & 6: Alternate running five minutes followed by walking two minutes

Weeks 7 & 8: Alternate running seven minutes followed by walking two minutes

HAMPDEN ACADEMY CROSS COUNTRY SUMMER TRAINING RULES

1. Training runs should be done at a comfortable pace. (you should be able to carry on a conversation if you are running with someone else)
2. Remember we are building a base to work from this fall.
TOO MUCH SPEED TOO EARLY DOES MORE HARM THAN GOOD.
3. If you cannot finish a week of training (sick, hurt, traveling) do not go on to the next week, repeat the week you missed before going on.
4. Try to run a road race once every two weeks. This will give you a training run done at a faster pace.
5. Vary the terrain and routes that you run over. There is nothing that gets you sick of running faster than always running the same route.
6. Call other members of the team and get together for training runs at least twice a week if possible.
7. If after completing a week of training your legs are sore or you feel tired all the time repeat that week again before progressing at the next training week.