



## Karrer Cross Country Summer Running Club



### Which Training Plan is right for you?

- Beginner-** New to running or I cannot run a mile without stopping  
Check out the “Couch- 3 mile” program (attached)  
The beginner program will earn you the “50 mile club”
- Novice-** I can run a mile without stopping but not 3 miles  
The novice program is the top number in each box  
The novice program will earn you the “50 mile club”
- Veteran-** Have run CC before or are comfortable running 3 miles regularly  
The veteran program is the bottom number in each box  
The veteran program will earn you the “100 mile club”



### Looking for a challenge? Add some SPEED!!!

*\* Add these Speed options to your Wednesday workouts*

1. Accelerations- Finish your normal run with 5 x 100 meter sprints (approximately 20 seconds each).
2. Pick-ups- During your normal run, pick a landmark about 100m away and run to it at a faster than normal pace then resume your normal pace.  
Complete 6-8 pickups during the run.
3. Intervals- Run normal warm-up pace for 5 minutes. Alternate the rest of the run with 2 minutes of hard running (faster than conversation pace) and 2 minutes of easy running (conversation pace). Conclude the run with a 5 minute cool-down pace.  
Try to increase the difficulty by running hard for 3 minutes and resting for 3 OR run hard for 3 min





# Karrer Cross Country Summer Running Calendar



## Novice and Veteran Calendar

\*Wednesdays include a "Speed Option"

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Miles/ Total Miles
June 4-10		1 <i>(novice)</i> 2 <i>(veteran)</i>		1 3 + Speed 1		1 2	3	3/3 miles 9/9 miles
June 11-17		2 3		1 2 + Speed 1		2 3	2	5/8 miles 10/19 miles
June 18-24		2 3		2 4 + Speed 2		2 3	2	6/14 miles 12/31 miles
June 25- July 1		3 4		2 3 + Speed 2		2 4	2	7/21 miles 13/44 miles
July 2-8		3 3		2 3 + Speed 3	2	3	3	8/29 miles 11/55 miles
July 9-15		2 4		4 3 + Speed 3	3	2	4	8/36 miles 14/69 miles
July 16-22		2 3		3 5 + Speed 2	3 3		2 3	10/46 miles 14/83 miles
July 23- 29		4 5		2 4 + Speed 3	2 4		2 4	10/56* miles 17/100* miles

*Somewhere in the world someone is training when you are not. When you race him, he will win. – Tom Fleming*



# Karrer Cross Country Summer Running Log



Write your daily mileage in each box and totals for the week. Have your parents initial each week for accuracy.

## Novice and Veteran Running Log

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Miles/ Total Miles	Parent Initials
June 4--10								/	
June 11-17								/	
June 18-24								/	
June 25- July 1								/	
July 2-8								/	
July 9-15								/	
July 16-22								/	
July 23- 29								/	

Total Miles: \_\_\_\_\_

I agree that the above miles are a true and accurate reflection of my training this summer.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Parent Signature