Cross Country for 2014

(June) \*Build endurance and distance

\*2 or 3 days a week

\*run & walk at a comfortable pace

\*1 day – long and slow

(July) \*Continue to build endurance and distance (10% per week)

Should be able to run two miles without stopping

\*Increase run – decrease walk

\*3 or 4 days a week

\*1 day – long and slow

(August) \*Continue building endurance and distance

\*Begin speed work (1 day a week)

\*Begin hill work ( 1 day a week)

\*6 days a week

\*Fartlek – Tempo – Intervals

\*\*On August 4 we begin season training 5 days a week…Time 8:00-9:00 AM

State Rule - Everyone must attend 10 practices prior to any competition.

\*Run on grass as much as possible

\*Trail run in pairs or large groups only

\*Lean into hill – pump arms – let gravity and momentum take you downhill – DO NOT LEAN BACKWARD

\*Arm swing – relaxed with forearm parallel to ground – do not clinch hands