

# ALA Ironwood JH Cross Country Summer Workout

**Purpose:** Summer phase training is to (re)establish the longer distance base and increase aerobic capacity needed for the 1.5 mile race.

## Training Schedule:

First, download the phone app "Runkeeper."

### Team runs:

**Starting June 4: Mondays and Wednesdays 6:00 — 6:45 am.**

Group run, farklek, tempos, etc.

### Individual runs:

**May 28 — June 9 (Mon—Sat, 2 weeks): 1 mile per day = 6 miles per week**

#### **Alternate running methods**

Distance to time: Run 1 mile at or under 10:00 — 12:00.

Time to distance: Set a timer for 12 minutes. Try to get over 1 mile.

**June 11 — June 23 (Mon—Sat, 2 weeks): 1.5 miles per day = 9 miles per week**

Distance to time: Run 1.5 miles at or under 13:00 — 16:00.

Time to distance: Set a timer for 15 minutes. Try to get over 1.5 miles

**June 25 — July 7 (Mon—Sat, 2 weeks): 2 miles per day = 12 miles per week**

Distance to time: Run 2 miles at or under 18:00 — 22:00.

Time to distance: Set a timer for 20 minutes. Try to get over 2 miles.

**July 9 — Aug 4 (Mon—Sat, 4 weeks): 3 miles per day = 18 miles per week**

Distance to time: Run 3 miles at or under 27:00 — 33:00.

Time to distance: Set a timer for 30 minutes. Try to get over 3 miles.

Contact: Coach Miller: 480-290-3393