

Centreville High School Cross Country

FRESHMEN/ROOKIES SUMMER TRAINING SCHEDULE

Starting June 7th, runners are encouraged to begin their own base training. Be on the lookout for upperclassmen and returning runners to post team-organized runs on the Facebook page and Google Classroom. Everyone is responsible for their own individual training. Try to get on softer surfaces for longer runs (Burke Lake/Manassas Battlefield/Lake Fairfax). Parents are encouraged to watch these workouts to keep an eye on their athletes. Coaches will not attend these workouts since the VHSL does not allow practices to officially begin until August 2nd.

If you are new to running or haven't run in a long time, it's important to get your body ready to handle the workload you are planning to place upon it during the fall season! Familiarize yourself with our training terminology in the "Cross Country Training and Workout Types" doc posted to the Facebook group and Google Classroom.

If you have any questions or need any modifications to your training, please email Coach Fanale at jmfanale@fcps.edu.

Week 1

Training volume: 1:20 total running time; ~8.5 - 11 miles

Objective: This week, you should get used to running 5 days a week. Pay attention to breathing; you should be breathing comfortably and feel like you can maintain a conversation.

Date	Workout
Monday, June 7	15 minutes easy
Tuesday, June 8	15 minutes easy
Wednesday, June 9	Cross train - at least 30 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, June 10	15 minutes easy
Friday, June 11	15 minutes easy
Saturday, June 12	20 minutes easy
Sunday, June 13	Rest day

Week 2**Training volume:** 1:30 total running time; ~10 - 13 miles**Objective:** Same objectives as week 1. Become more comfortable to running 5 day a week. Also, look at your running shoes! Make sure they are tied comfortably and the bottoms are not worn out.

Date	Workout
Monday, June 14	15 minutes easy
Tuesday, June 15	20 minutes easy
Wednesday, June 16	Cross train - 30 - 35 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, June 17	20 minutes easy
Friday, June 18	15 minutes easy
Saturday, June 19	20 minutes easy
Sunday, June 20	Rest day

Week 3**Training volume:** 1:40 total running time; ~12 - 15 miles**Objective:** Start exploring new and different running routes to keep things interesting!

Date	Workout
Monday, June 21	20 minutes easy, 6x100m strides
Tuesday, June 22	20 minutes easy
Wednesday, June 23	Cross train - 30 - 40 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, June 24	20 minutes easy. 6x100m strides
Friday, June 25	15 minutes easy
Saturday, June 26	25 minutes easy
Sunday, June 27	Rest day

Week 4**Training volume:** 1:50 total running time; ~13 - 15.5 miles**Objective:** It takes approximately 4 - 6 weeks to acclimate to new demands of running. If you are feeling tired, hang in there! You will start to feel stronger than before you started real soon!

Date	Workout
Monday, June 28	20 minutes easy, 6x100m strides
Tuesday, June 29	25 minutes easy
Wednesday, June 30	Cross train - 40 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, July 1	20 minutes NEGATIVE SPLIT (1st 15 minutes easy, push the pace for the last 5 minutes; don't sprint but finish strong!)
Friday, July 2	15 minutes easy, 6x100m strides
Saturday, July 3	30 minutes easy
Sunday, July 4	Rest day

Week 5**Training volume:** 2 hours total running time; ~14 - 16.5 miles**Objective:** Focus on your form & running mechanics. Keep your shoulders and arms relaxed. Good posture - body is upright. Land midfoot, not with the heel!

Date	Workout
Monday, July 5	20 minutes easy, 6x100m strides
Tuesday, July 6	25 minutes easy
Wednesday, July 7	Cross train - 40 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, July 8	20 minutes Fartlek (1st 10 minutes easy, 5x30 seconds hard/30 seconds easy, last 5 minutes easy)
Friday, July 9	20 minutes easy, 6x100m strides
Saturday, July 10	30 minutes easy
Sunday, July 11	Rest day

Week 6

Training volume: 2:10 total running time; ~16 - 19 miles

Objective: As your maintenance runs become longer and more vigorous, recovery becomes more important! Start eating/drinking something as soon as possible after your runs are done. Chocolate milk is a great option! [This link](#) explains why and lists other options.

Date	Workout
Monday, July 12	20 minutes easy, 6x100m strides
Tuesday, July 13	25 minutes easy
Wednesday, July 14	Cross train - 40 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, July 15	25 minutes NEGATIVE SPLIT (1st 20 minutes easy, push the pace for the last 5 minutes; don't sprint but finish strong!)
Friday, July 16	20 minutes easy, 6x100m strides
Saturday, July 17	40 minutes easy
Sunday, July 18	Rest day

Week 7

Training volume: 2:20 total running time; ~17 - 20 miles

Objective: Try to meet up with other runners! It will keep you motivated and make the longer runs more enjoyable. If you're unsure about being able to keep up with the upperclassmen, just give it your best effort! You may surprise yourself!

Date	Workout
Monday, July 19	20 minutes easy, 6x100m strides
Tuesday, July 20	25 minutes Fartlek (1st 12 minutes easy, 6x30 seconds hard/30 seconds easy, last 7 minutes easy)
Wednesday, July 21	Cross train - 40 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, July 22	30 minutes easy, 6x100m strides
Friday, July 23	20 minutes NEGATIVE SPLIT (1st 15 minutes easy, push the pace for the last 5 minutes; don't sprint but finish strong!)
Saturday, July 24	45 minutes easy
Sunday, July 25	Rest day

Week 8

Training volume: 2:30 total running time; ~17 - 20 miles

Objective: This week, you'll have your longest run of the summer! Find a soft surface to complete it as that will reduce the overall pounding on your legs. It might be a wise idea to do this at a place like Burke Lake or Manassas Battlefield where you can do it in the shade.

Date	Workout
Monday, July 26	25 minutes easy, 6x100m strides
Tuesday, July 27	30 minutes Fartlek (1st 15 minutes easy, 8x30 seconds hard/30 seconds easy, last 7 minutes easy)
Wednesday, July 28	Cross train - 40 minutes biking, swimming, or any comparable form of aerobic exercise
Thursday, July 29	30 minutes NEGATIVE SPLIT (1st 20 minutes easy, push the pace for the last 10 minutes; get stronger every minute; don't sprint but finish strong!)
Friday, July 30	20 minutes easy, 6x100m strides
Saturday, July 31	50 minutes easy
Sunday, August 1	Rest day

The 2021 cross country season starts August 3! Practice will be from 7 - 9 am at CVHS. Information on the exact location will be posted to Facebook group, Google Classroom, & other social media. 2 mile time trial!

Running Do's and Don'ts

- DO drink plenty of water before and after each workout & throughout the day!
- DON'T run between the hours of 11 am and 4 pm as those are usually the hottest times of the day during the summer.
- DO run with a partner whenever possible.
- DON'T run with an iPod/mp3 player when running.
- DO run on trails, paths, and sidewalks
- If running on the side of a road with no sidewalk, DO run on the left-hand shoulder, facing traffic.
- DON'T jaywalk! Always obey all traffic lights and street signs when crossing the street.
- When running on a group near the road, DO run single file
- Always watch for cars and other pedestrians. They may not be watching out for you!

Places to Run

- Burke Lake Park (Fairfax Station) - We will have practices and meets here throughout the season and it is the site for districts and regionals. Gravel trail, lots of shade cover
- Manassas National Battlefield (Manassas) - Lots of great trails, all on dirt and grass and lots of shade cover in a pretty cool atmosphere!
- Lake Fairfax Park (Reston) - We will have 1 or 2 league meets here. There are miles of dirt trails that will take you around the Reston and Great Falls area. Be careful of the rocks and tree roots!
- Washington & Old Dominion Trail (Northern Virginia) - This is a 45 mile long trail that stretches from Purcellville in Loudoun County all the way to Alexandria! There are many different spots to hop on but the most accessible for us may be in Herndon, Reston, Vienna, and possibly Sterling (just off of 28). While the vast majority of the trail is asphalt, there are various gravel paths that run parallel to the asphalt. More information is located [here](#).
- Bull Run - Occoquan Trail (Fairfax Station/Clifton/Manassas) - Much like the W&OD, this trail sprawls throughout Northern Virginia and it is a part of the Cross County Trail. Part of it can be accessed at Fountainhead Regional Park in Fairfax Station but there's a section that can be accessed in Clifton on Balmoral Greens Avenue, about a mile from St. Andrew the Apostle Catholic Church. The trail is a lot like Lake Fairfax.