

CENTREVILLE CROSS COUNTRY

SUMMER 2022 TRAINING CALENDAR

Starting June 13th, runners are encouraged to begin their summer training. Everyone is responsible for their own individual training! All team members are strongly encouraged by the coaching staff to meet as a team over the summer – this includes returning members and new members! Returning members –reach out to new members of the team and rising freshmen and encourage them to join these sessions!

Run on a variety of surfaces, including softer ones 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 1st.

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 team Schoology page, www.wearecville.com, and the team Facebook page.

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! The most accessible spots are 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) – Lots of shade, all on dirt, but be mindful of tree roots & rocks. 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, just pass Westfields Golf Course.

Running Do's and Don'ts

- DO drink plenty of water before and after each workout & throughout the day!
- DON'T run between 11 am and 4 pm! Those are usually the hottest times of the day during the summer.
- DO run with a partner whenever possible.
- DON'T run listening to music while running.
- 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!

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

WEEK OF JUNE 13

Monday, June 13

SUMMER TRAINING STARTS

Newbies – 20 minutes easy

Veterans – 30 minutes easy

Wednesday, June 15

Newbies – 20 minutes easy

Veterans – 40 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Friday, June 17

Newbies – 20 minutes easy

Veterans – 35 minutes easy

Tuesday, June 14

Newbies – 30 minutes cross train

Veterans – 30 minutes easy

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Thursday, June 16

Newbies – 30 minutes cross train

Veterans – 35 minutes easy

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Saturday, June 18/Sunday, June 19

Sat: Newbies – 20 minutes easy

Sat: Veterans – 40 minutes easy

Sun: Newbies – 30 minutes cross train

Sun: Veterans – 40 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

WEEK OF JUNE 20

Monday, June 20

Newbies – 20 – 25 minutes easy

Veterans – 35 minutes easy

Tuesday, June 21

Newbies – 20 – 25 minutes easy

Veterans – 35 minutes easy

Both groups: finish with 4 strides & general strength day 1

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace.

Wednesday, June 22

Newbies – 30 minutes cross train

Veterans – 40 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Thursday, June 23

Newbies – 25 minutes easy

Veterans – 40 minutes easy

Friday, June 24

Newbies – 25 minutes easy

Veterans – 35 minutes easy

Both groups: finish with 4 strides & general strength day 2

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace.

Saturday, June 25/Sunday, June 26

Sat: Newbies – 20 minutes easy

Sat: Veterans – 40 minutes easy

Sun: Newbies – 35 minutes cross train

Sun: Veterans – 45 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

WEEK OF JUNE 27

Monday, June 27

Newbies – 25 minutes easy

Veterans – 35 minutes easy

Tuesday, June 28

Newbies – 20 minutes easy

Veterans – 40 minutes easy

Both groups: finish with 5 strides & general strength day 1

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace.

Wednesday, June 29

Newbies – 35 minutes cross train

Veterans – 40 minutes easy

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Thursday, June 30

Newbies – 25 minutes easy

Veterans – 35 minutes easy

Friday, July 1

Newbies – 25 minutes easy

Veterans – 40 minutes easy

Both groups: finish with 5 strides & general strength day 2

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace.

Saturday, July 2/Sunday, July 3

Sat: Newbies – 20 minutes easy

Sat: Veterans – 45 minutes easy

Sun: Newbies – 35 minutes cross train

Sun: Veterans – 45 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

WEEK OF JULY 4

Monday, July 4

INDEPENDENCE DAY

Newbies – 25 minutes easy

Veterans – 40 minutes easy

Wednesday, July 6

Newbies – 30 minutes easy

Veterans – 45 minutes easy

Friday, July 8

Newbies – 25 minutes easy

Veterans – 40 minutes easy

Both groups: finish with 6 strides & general strength day 2

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace. The last 2 or 3 can be a little faster.

Tuesday, July 5

Newbies – 25 minutes easy

Veterans – 35 minutes easy

Both groups: finish with 6 strides & general strength day 1

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace. The last 2 or 3 can be a little faster.

Thursday, July 7

Newbies – 35 minutes cross train

Veterans – 35 minutes easy

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Saturday, July 9/Sunday, July 10

Sat: Newbies – 30 minutes easy

Sat: Veterans – 45 minutes easy

Sun: Newbies – 35 minutes cross train

Sun: Veterans – 45 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

WEEK OF JULY 11

Monday, July 11

Newbies – 30 minutes easy

Veterans – 40 minutes easy

Tuesday, July 12

Newbies – 20 minutes easy

Veterans – 40 minutes easy

Both groups: finish with 6 strides & general strength day 1

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace. The last 2 or 3 can be a little faster.

Wednesday, July 13

Newbies – 30 minutes easy

Veterans – 45 minutes easy

Thursday, July 14

Newbies – 40 minutes cross train

Veterans – 30 minutes easy

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Friday, July 15

Newbies – 30 minutes easy

Veterans – 40 minutes easy

Saturday, July 16/Sunday, July 17

CAPON RIDGE XC CAMP STARTS JULY 17

Sat: Newbies – 30 minutes easy

Sat: Veterans – 50 minutes easy

Both groups: finish with 6 strides & general strength day 2

Sun: Newbies – 20 minutes easy (if not at camp)

Sun: Veterans – 50 minutes cross train (if not at camp)

If both groups are going to camp: 20 minutes easy for the PM run.

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

WEEK OF JULY 18

Monday, July 18

CAPON RIDGE XC CAMP

Newbies – 30 minutes easy

Veterans – 40 minutes easy

Newbies going to camp: run in the morning, cross train in the afternoon.

Veterans going to camp: run in the morning & have the option to cross train or run 20 minutes in the afternoon.

Wednesday, July 20

CAPON RIDGE XC CAMP

Newbies – 30 – 35 minutes easy

Veterans – 45 minutes easy

Newbies going to camp: run in the morning, cross train in the afternoon.

Veterans going to camp: run in the morning & have the option to cross train or run 20 minutes in the afternoon.

Friday, July 22

CAPON RIDGE XC CAMP ENDS

Newbies – 30 minutes easy

Veterans – 30 minutes easy

If both groups are at camp, do the easy run in the morning.

Both groups: finish with 6 strides & general strength day 2

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace. The last 2 or 3 can be a little faster.

Tuesday, July 19

CAPON RIDGE XC CAMP

Newbies – 30 minutes easy

Veterans – 40 minutes easy

Newbies going to camp: run in the morning, cross train in the afternoon.

Veterans going to camp: run in the morning & have the option to cross train or run 20 minutes in the afternoon.

Both groups: finish with 6 strides & general strength day 1 (strides after the AM run, GS after PM run/activity)

Thursday, July 21

CAPON RIDGE XC CAMP

Newbies – 40 minutes cross train (if not at camp)

Veterans – 45 minutes easy

Newbies going to camp: run in the morning, cross train in the afternoon.

Veterans going to camp: run in the morning & have the option to cross train or run 20 minutes in the afternoon.

Saturday, July 23/Sunday, July 24

Sat: Newbies – 30 minutes easy

Sat: Veterans – 50 minutes easy

Sun: Newbies – 40 minutes cross train

Sun: Veterans – 50 minutes cross train

If going to camp, veterans may switch Saturday and Sunday.

WEEK OF JULY 25

Monday, July 25

Newbies – 30 minutes easy

Veterans – 45 minutes easy

Tuesday, July 26

Newbies – 30 minutes easy

Veterans – 40 minutes easy

Both groups: finish with 6 strides & general strength day 1

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace. The last 2 or 3 can be a little faster.

Wednesday, July 27

Newbies – 35 minutes easy

Veterans – 50 minutes easy

Thursday, July 28

Newbies – 40 minutes cross train

Veterans – 40 minutes easy

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

Friday, July 29

Newbies – 30 minutes easy

Veterans – 45 minutes easy

Both groups: finish with 6 strides & general strength day 2

Strides should be a fast, up-tempo effort. For vets, this means no slower than 5k race pace. The last 2 or 3 can be a little faster.

Saturday, July 30/Sunday, July 31

Sat: Newbies – 30 minutes easy

Sat: Veterans – 60 minutes easy

Sun: Newbies – 40 minutes cross train

Sun: Veterans – 60 minutes cross train

“Cross training” means biking, swimming, aqua jogging, getting on an elliptical.

**PRACTICE STARTS MONDAY, AUGUST 1 @ 7 AM ON THE TRACK!
HAVE ALL OF YOUR PAPERWORK TURNED IN ON TIME!!!**