



With just over 1 month until the official start of the WJHS Cross Country season, it's a good idea to start building up some running endurance. Below you'll find a 4-week plan to kick start your training and help you succeed this year. You'll notice the plan does not focus on distances, but instead on running time. When we start our official practices we'll incorporate distance runs into our training.

For now, the goal is to run at least 3 days each week to build endurance and confidence, so if you can't follow the schedule exactly, don't worry - just adjust the schedule to meet your availability, but try to spread your runs out throughout the week. Cross-training can include any physical activity you enjoy: biking, yoga, swimming, strength training, etc.

As a beginner runner you should focus on running at a conversational pace as you build your base. This means you should be able to speak in complete sentences as you run—you shouldn't be breathing too heavily or gasping for air. If this is happening just slow your pace or take a walk break if absolutely necessary.

Week 1 (Aug. 5-11)

- Day 1: Run 10 minutes, walk 3 minutes (repeat 2 times)
- Day 2: Rest or cross-train
- Day 3: Run 12 minutes, walk 3 minutes (repeat 2 times)
- Day 4: Rest
- Day 5: Run 13 minutes, walk 3 minutes (repeat 2 times)
- Day 6: Rest or cross-train
- Day 7: Rest

Week 2 (Aug. 12-18)

- Day 1: Run 15 minutes, walk 2 minutes (repeat 2 times)
- Day 2: Rest or cross-train
- Day 3: Run 17 minutes, walk 2 minutes (repeat 2 times)
- Day 4: Rest
- Day 5: Run 19 minutes, walk 2 minutes (repeat 2 times)
- Day 6: Rest or cross-train
- Day 7: Rest

Week 3 (Aug. 19-25)

- Day 1: Run 20 minutes, walk 1 minute, run 15 minutes
- Day 2: Rest or cross-train
- Day 3: Run 25 minutes
- Day 4: Rest
- Day 5: Run 27 minutes
- Day 6: Rest or cross-train
- Day 7: Rest

Week 4 (Aug. 26-Sept. 1)

- Day 1: Run 28 minutes
- Day 2: Rest or cross-train
- Day 3: Run 30 minutes
- Day 4: Rest
- Day 5: Run 35 minutes
- Day 6: Rest
- Day 7: Run 40 minutes

Sept. 4 - Start of Cross Country!