



# GOSHEN CROSS COUNTRY



## 2018 Summer Training Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>WEEK 1</b> Week of June 18								<input type="text"/>
<b>WEEK 2</b> Week of June 25								<input type="text"/>
<b>WEEK 3</b> Week of July 2								<input type="text"/>
<b>WEEK 4</b> Week of July 9								<input type="text"/>
<b>WEEK 5</b> Week of July 16								<input type="text"/>
<b>WEEK 6</b> Week of July 23								<input type="text"/>
<b>WEEK 7</b> Week of July 30								<input type="text"/>
<b>WEEK 8</b> Week of August 6								<input type="text"/>

**Fill in the boxes above with the type of workout, approximate mileage, time spent running, and location of workout. Add up the total number of miles each week.**

### Notes:

- In the beginning of summer, you should ease into cross country training. Beginners: start with 15-25 miles per week.
- If you've already been running throughout the spring, start with 25-35 miles per week.
- By the end of summer, if you're in prime shape, you should be training 40 - 50+ miles per week.
- Our program will consist of mostly easy runs, but a variety of workouts will be done throughout the summer (interval, tempo, speed, hills, fartleks, cross train). For a detailed explanation of each workout and more specific training plan, visit our website & attend captain practices.
- For those who are well-trained and in ideal shape, you should be running 2x per day and increasing mileage
- The best training takes place with your teammates. Athletes should be meeting up with each other and training at least 4-5x per week, if not 5-6 days.