

Summer Workout Log- Cross-Country 2020

*Try to run 6 days a week. Take 1 day of rest and 2 easy recovery days. Record your runs on the calendar. Start small and work your way up. You do not have to follow the workouts, but they are suggestions to do if you get bored with just running. They will also help preparing each athlete with type of practices we will be having.

*Possible workouts to do: *Every workout should have a 10-minute warm up and 5-minute cool down(both of these are a nice easy jog).

Hills- Find an area that has decent size hills. You can do two different work outs.

-First workout is run as fast as you can up and down the hill. Take a 30 second break before the next one. Do this for a total of 7 hills. Take a 3-minute break before doing a second set. Complete 2 sets the first time and increase every 2 weeks

-Second workout is where you will keep running up and down the hill with no stopping. Try to run as many as you can (it helps if your warm up leads you to the hill and you can start going up the hill). For the first time aim for 1-4 hills. As you grow more comfortable of this workout then you can increase the number of hills you are able to complete. Set a time limit for 15 minutes to see how many hills you can complete in that time limit.

Long Run- This is the day where you will run the farthest for the week. First long runs are typically 4 miles and then you increase as you continue to run. Time wise the first long run should be about 45 minutes.

Tempo- This workout is where you try to run the same pace for each mile you run. For example, if you are doing a two-mile tempo you want to keep hitting the same mile time. You can look up pace chart online to help you figure out if you are unsure. If you wanted to run a 17:00 minute two mile, then your mile pace you need to run both miles in will have to be 8:30 mile pace. You will do 2 sets of 2-mile tempo.

Fartlek-During this workout you will be switching from jog to a sprint back to a jog. Start with running for 2 minutes then at the 2-minute mark you will sprint for 15 seconds then go back to a jog. You will jog for 1 minutes and after 1 minutes you will sprint for 30 seconds and back to a jogging pace. Jog for 2 minutes and after 2 minutes you will sprint for 45 seconds. Then you will run for 3 minutes and after 3 minutes you will sprint for 1 minute. Then jog for 4 minutes and take a break after 4 minutes. You will two do sets of these and if you are feeling great then go for a third set.

Recovery day- You can either run a short distance (2-3 miles) or run for 20 minutes and do core exercises (sit-ups, pushups, squats, swimmer kicks, wall sits, etc). The other option is if you do cross- training where you do elliptical, treadmill run, or swimming and core exercises.

*The goal of this is to keep us or get us in shape for cross-country season and ready for practice in the fall. Try to run as often as you can. I understand if you were not able to run some days but make it your goal to try to run at least 4 times a week. Have a great summer and enjoy your runs! Any questions email me at: lisa.mordini@k12.sd.us

Coach Mordini

June

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

July

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | |

August

2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

Pacing Chart Example: 5k= 3.1 miles

| Mile Time | 5K | 10K | 15K | 20K | 13.1mi. | 25K | 30K | Mara. |
|------------------|-----------|------------|------------|------------|----------------|------------|------------|--------------|
| 5:00 | 0:15:32 | 0:31:04 | 0:46:36 | 1:02:08 | 1:05:33 | 1:17:40 | 1:33:12 | 2:11:05 |
| 5:10 | 0:16:03 | 0:32:06 | 0:48:09 | 1:04:12 | 1:07:44 | 1:20:15 | 1:36:18 | 2:15:27 |
| 5:20 | 0:16:34 | 0:33:08 | 0:49:42 | 1:06:16 | 1:09:55 | 1:22:50 | 1:39:24 | 2:19:49 |
| 5:30 | 0:17:05 | 0:34:10 | 0:51:15 | 1:08:20 | 1:12:06 | 1:25:25 | 1:42:30 | 2:24:11 |
| 5:40 | 0:17:36 | 0:35:12 | 0:52:48 | 1:10:24 | 1:14:17 | 1:28:00 | 1:45:36 | 2:28:33 |
| 5:50 | 0:18:07 | 0:36:14 | 0:54:21 | 1:12:28 | 1:16:28 | 1:30:35 | 1:48:42 | 2:32:55 |
| 6:00 | 0:18:38 | 0:37:17 | 0:55:54 | 1:14:32 | 1:18:39 | 1:33:10 | 1:51:48 | 2:37:17 |
| 6:10 | 0:19:09 | 0:38:18 | 0:57:27 | 1:16:36 | 1:20:50 | 1:35:45 | 1:54:54 | 2:41:39 |
| 6:20 | 0:19:40 | 0:39:22 | 0:59:00 | 1:18:40 | 1:23:01 | 1:38:20 | 1:58:00 | 2:46:01 |
| 6:30 | 0:20:11 | 0:40:24 | 1:00:33 | 1:20:44 | 1:25:12 | 1:40:55 | 2:01:06 | 2:50:23 |
| 6:40 | 0:20:42 | 0:41:26 | 1:02:06 | 1:22:48 | 1:27:23 | 1:43:30 | 2:04:12 | 2:54:45 |
| 6:50 | 0:21:13 | 0:42:28 | 1:03:39 | 1:24:52 | 1:29:34 | 1:46:05 | 2:07:18 | 2:59:07 |
| 7:00 | 0:21:44 | 0:43:30 | 1:05:12 | 1:26:56 | 1:31:45 | 1:48:40 | 2:10:24 | 3:03:29 |
| 7:10 | 0:22:15 | 0:44:32 | 1:06:45 | 1:29:00 | 1:33:56 | 1:51:15 | 2:13:30 | 3:07:51 |
| 7:20 | 0:22:46 | 0:45:34 | 1:08:18 | 1:31:04 | 1:36:07 | 1:53:50 | 2:16:36 | 3:12:13 |
| 7:30 | 0:23:17 | 0:46:36 | 1:09:51 | 1:33:08 | 1:38:18 | 1:56:25 | 2:19:42 | 3:16:35 |
| 7:40 | 0:23:48 | 0:47:38 | 1:11:24 | 1:35:12 | 1:40:29 | 1:59:00 | 2:22:48 | 3:20:57 |
| 7:50 | 0:24:19 | 0:48:40 | 1:12:57 | 1:37:16 | 1:42:40 | 2:01:35 | 2:25:54 | 3:25:19 |
| 8:00 | 0:24:50 | 0:49:42 | 1:14:30 | 1:39:20 | 1:44:51 | 2:04:10 | 2:29:00 | 3:29:41 |
| 8:10 | 0:25:21 | 0:50:44 | 1:16:03 | 1:41:24 | 1:47:02 | 2:06:45 | 2:32:06 | 3:34:03 |
| 8:20 | 0:25:52 | 0:51:46 | 1:17:36 | 1:43:28 | 1:49:13 | 2:09:20 | 2:35:12 | 3:38:25 |
| 8:30 | 0:26:23 | 0:52:48 | 1:19:09 | 1:45:32 | 1:51:24 | 2:11:55 | 2:38:18 | 3:42:47 |
| 8:40 | 0:26:54 | 0:53:50 | 1:20:42 | 1:47:36 | 1:53:35 | 2:14:30 | 2:41:24 | 3:47:09 |
| 8:50 | 0:27:25 | 0:54:52 | 1:22:15 | 1:49:40 | 1:55:46 | 2:17:05 | 2:44:30 | 3:51:31 |
| 9:00 | 0:27:56 | 0:55:54 | 1:23:48 | 1:51:44 | 1:57:57 | 2:19:40 | 2:47:36 | 3:55:53 |