

CROSS-COUNTRY SUMMER WORKOUT

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	Rest	3 miles EZ	Rest	3 miles EZ	Rest	3 miles EZ	5 miles LSD
2	Rest	3 miles EZ	Rest	4 miles EZ	Rest	3 miles EZ	5 miles LSD
3	Rest	3 miles EZ	Rest	5 miles/Tempo	Rest	3 miles EZ	6 miles LSD
4	Rest	3 miles EZ	Rest	5 miles/Tempo	Rest	3 miles EZ	7 miles LSD
5	Rest	3 miles EZ	Rest	4 miles EZ	Rest	4 miles EZ	8 miles LSD
6	Rest	3 miles EZ	Rest	4 miles/Tempo	Rest	3 miles EZ	6 miles LSD
7	Rest	3 miles EZ	Rest	6 miles/Tempo	Rest	3 miles EZ	10 miles LSD
8	Rest	3 miles EZ	Rest	6 miles/Tempo	Rest	3 miles EZ	12 miles LSD
9	Rest	3 miles EZ	Rest	6 miles/Tempo	Rest	3 miles EZ	9 miles LSD
10	Rest	3 miles EZ	Rest	5 miles/Tempo	Rest	3 miles EZ	10 miles LSD

**EZ: Run at a conversational pace or cross-train.

**LSD: Long, slow distance run that builds endurance. Run at a conversational pace.

**Tempo: These runs teach your body how to hold a faster pace over time. Do them at a comfortably hard pace, where you can talk in phrases.

**Core/Abdominal work is essential as well. Please research and develop your own plan.