

I'm not a bot



Lead More Cross country running is a simple sport, and so it makes sense that cross country runners need fun cross country workouts that they can do in any environment. Im going to share the best high schoolcross country workouts that every cross country runner should run in the summer. Several of these workouts should also be done during the cross country season as well. If you're looking for some guidance on how to train for cross country in high school, you're in the right spot. This article is primarily for coaches, but any serious high school cross country runner, or parent of a serious runner, will get a lot out of this article (though runners need to consult with their coach before doing these workouts follow your coachs plan). All five workouts build the aerobic engine, which is crucial for success in cross country. Ninety-five percent of the energy needed for an athlete to run a 5k cross country race comes from the aerobic metabolism. I explain this in detail in A Comprehensive Cross Country Training Plan check out that article if you havent read it. Ive included the table below as a reminder that 5k training differs from 1600m training and 800m training, and that the workouts your athletes need to do to run fast in cross country are different than what your 800m runners need to do in the track season. Before we start, its probably worth mentioning that Ive had some success with these workouts in the past. I coached a girls cross country team for 20 years. We finished 1st in the state in 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 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2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 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3653, 3654, 3655, 3656, 3657, 3658, 3659, 3660, 3661, 3662, 3663, 3664, 3665, 3666, 3667, 3668, 3669, 3670, 3671, 3672, 3673, 3674, 3675, 3676, 3677, 3678, 3679, 3680, 3681, 3682, 3683, 3684, 3685, 3686, 3687, 3688, 3689, 3690, 3691, 3692, 3693, 3694, 3695, 3696, 3697, 3698, 3699, 3700, 3701, 3702, 3703, 3704, 3705, 3706, 3707, 3708, 3709, 3710, 3711, 3712, 3713, 3714, 3715, 3716, 3717, 3718, 3719, 3720, 3721, 3722, 3723, 3724, 3725, 3726, 3727, 3728, 3729, 3730, 3731, 3732, 3733, 3734, 3735, 3736, 3737, 3738, 3739, 3740, 3741, 3742, 3743, 3744, 3745, 3746, 3747, 3748, 3749, 3750, 3751, 3752, 3753, 3754, 3755, 3756, 3757, 3758, 3759, 3760, 3761, 3762, 3763, 3764, 3765, 3766, 3767, 3768, 3769, 3770, 3771, 3772, 3773, 3774, 3775, 3776, 3777, 3778, 3779, 3780, 3781, 3782, 3783, 3784, 3785, 3786, 3787, 3788, 3789, 3790, 3791, 3792, 3793, 3794, 3795, 3796, 3797, 3798, 3799, 3800, 3801, 3802, 3803, 3804, 3805, 3806, 3807, 3808, 3809, 3810, 3811, 3812, 3813, 3814, 3815, 3816, 3817, 3818, 3819, 3820, 3821, 3822, 3823, 3824, 3825, 3826, 3827, 3828, 3829, 3830, 3831, 3832, 3833, 3834, 3835, 3836, 3837, 3838, 3839, 3840, 3841, 3842, 3843, 3844, 3845, 3846, 3847, 3848, 3849, 3850, 3851, 3852, 3853, 3854, 3855, 3856, 3857, 3858, 3859, 3860, 3861, 3862, 3863, 3864, 3865, 3866, 3867, 3868, 3869, 3870, 3871, 3872, 3873, 3874, 3875, 3876, 3877, 3878, 3879, 3880, 3881, 3882, 3883, 3884, 3885, 3886, 3887, 3888, 3889, 3890, 3891, 3892, 3893, 3894, 3895, 3896, 3897, 3898, 3899, 3900, 3901, 3902, 3903, 3904, 3905, 3906, 3907, 3908, 3909, 3910, 3911, 3912, 3913, 3914, 3915, 3916, 3917, 3918, 3919, 3920, 3921, 3922, 3923, 3924, 3925, 3926, 3927, 3928, 3929, 3930, 3931, 3932, 3933, 3934, 3935, 3936, 3937, 3938, 3939, 3940, 3941, 3942, 3943, 3944, 3945, 3946, 3947, 3948, 3949, 3950, 3951, 3952, 3953, 3954, 3955, 3956, 3957, 3958, 3959, 3960, 3961, 3962, 3963, 3964, 3965, 3966, 3967, 3968, 3969, 3970, 3971, 3972, 3973, 3974, 3975, 3976, 3977, 3978, 3979, 3980, 3981, 3982, 3983, 3984, 3985, 3986, 3987, 3988, 3989, 3990, 3991, 3992, 3993, 3994, 3995, 3996, 3997, 3998, 3999, 4000, 4001, 4002, 4003, 4

help high school runners build a strong aerobic base, improve endurance, and prepare for the rigors of the upcoming cross country season. The program gradually increases in intensity and volume, incorporating various types of runs to develop all-around fitness. This program is tailored for intermediate high school runners who have some running experience and are looking to improve their performance. Its ideal for athletes who: Have at least one year of consistent running experience Have completed at least one cross country season Are comfortable with 20-25 miles per week of running Can run continuously for 45-60 minutes Can complete a long run of 6-7 miles comfortably Have some experience with basic speed work (fartleks, tempo runs) The program aims to help runners improve their 5K times by 30 seconds to 2 minutes over the course of the season. Its suitable for athletes targeting approximate 5K times of: Boys: 18:00 21:00 Girls: 20:00 23:00 Note that these times are estimates and can vary based on individual factors, course difficulty, and race conditions. If youre a beginner (new to the sport or running less than 20 miles per week), you should scale back this program in both mileage and intensity. If youre an advanced runner (consistently placing in the top 10-20 in large invitationals or running significantly faster than the times mentioned), youll need to augment the program with more mileage and more specific workouts. The program assumes that youre starting with a base of about 20-25 miles per week. If youre coming off a long break, start with lower mileage and progress more gradually. Key components of the program include: Easy Runs: The foundation of your training, building aerobic endurance. Long Runs: Weekly runs that progressively increase in distance, improving endurance and mental toughness. Fartlek Workouts: Speed play sessions that introduce faster running in a less structured format. Hill Workouts: Strength-building sessions that prepare you for cross country terrain. Tempo Runs: Sustained efforts at a comfortably hard pace to improve lactate threshold. Recovery: Rest days and cross-training to prevent burnout and reduce injury risk.Always start with a proper warm-up and end with a cool-down and stretching. Listen to your body and adjust the program as needed. Its okay to take an extra rest day if youre feeling overly fatigued. Stay hydrated, especially in hot summer weather. Run early in the morning or later in the evening to avoid peak heat hours. Incorporate strength training 2-3 times per week (not shown in the schedule). WeekMondayTuesdayWednesdayThursdayFridaySaturdaySundayTotal MileageI Rest or Cross-train4 miles easy5 miles easy4 miles easyRest5 miles easy7 miles long run252Rest or Cross-train4 miles easy5 miles w/ 630 sec fartlek4 miles easyRest5 miles easy8 miles long run263Rest or Cross-train5 miles easy5 miles w/ 645 sec hill repeats4 miles easyRest6 miles easy8 miles long run284Rest or Cross-train5 miles easy6 miles w/ 830 sec fartlek5 miles easyRest6 miles easy9 miles long run315Rest or Cross-train5 miles easy6 miles w/ 860 sec hill repeats5 miles easyRest6 miles easy10 miles long run326Rest or Cross-train5 miles easy6 miles w/ 3 mile tempo5 miles easyRest6 miles easy11 miles long run337Rest or Cross-train6 miles easy6 miles w/ 101 min fartlek5 miles easyRest6 miles easy11 miles long run34 Mondays: Rest or cross-train (swimming, cycling, or strength training) Tuesdays and Fridays: Easy-paced runs to build aerobic base Wednesdays: Workout day (alternating between fartlek, hills, and tempo runs) Thursdays: Easy recovery runs Saturdays: Easy runs to add volume Sundays: Long runs, progressively increasing in distanceFor newer runners: Reduce the mileage by 20-30% and progress more slowly. For more experienced runners: You can add 10-15% more volume, or incorporate a second easy run on some days. Terrain: Try to run on varied terrain, including trails and hills, to prepare for cross country courses. Remember, consistency is key in summer training. This program provides a solid foundation, but feel free to adjust based on your individual needs and goals. Always consult with your coach or a healthcare professional before starting a new training program.

Should cross country runners lift weights. Weight training for cross country runners. Weight training for high school distance runners. What is the best way to train for cross country. Weight training for high school runners. Cross country workouts for high school. Weight lifting for high school cross country runners.