

Highlands Cross Country 2011

All those interested in cross country for the 2011 season, whether new to the sport or an old hat, below are ideas for the summer. The official schedule and practice dates will be posted in late-July/August.

Runners who have not been running this spring should begin to build up slowly but steadily. Run 3 times a week with a day's rest in between. If you have already been running, you should be running continuously for 20 min by the end of July. You can warm-up with the form run drills. Have a great summer and we look forward to seeing you in the fall.

WEEK	RUN 1	RUN 2	RUN 3
June 13	walk/run (14 min walk / 1 min run)	walk/run (14 min walk / 1 min run)	walk/run (13 min walk / 2 min run)
June 20	walk/run (14 min walk / 1 min run)	walk/run (13 min walk / 2min run)	walk/run (12 min walk / 3 min run)
June 27	walk/run (12 min walk / 3 min run)	walk/run (11 min walk / 4 min run)	walk/run (11 min walk / 4 min run)
July 4	walk/run (10 min walk / 5 min run)	walk/run (10 min walk / 5 min run)	walk/run (9 min walk / 6 min run)
July 11	walk/run (9 min walk / 6 min run)	walk/run (8 min walk / 7 min run)	walk/run (7 min walk / 8 min run)
July 18	walk/run (5 min walk / 10 min run)	walk/run (5 min walk / 10 min run)	walk/run (5 min walk / 15 min run)
July 25	walk/run (5 min walk / 15 min run)	walk/run (5 min walk / 15 min run)	walk/run (5 min walk / 20 min run)

THIS IS FOR THE PERSON WHO IS CURRENTLY NOT RUNNING..

Always walk first before running.

Try to run a day and then take a day off. Don't run 2 days in a row

The idea of this program is to ease into running.

THE "RUN" PORTION IS A MODERATE PACE. NOT YOUR SLOWEST JOG, BUT ALSO NOT SPRINTING.