

Orangeburg Prep: Cross country summer training schedule

The following structured workouts focus on building endurance, speed, and strength to prepare for competitive racing. Here's a 4-week training plan to prepare you for the upcoming cross-country season. We will begin in person practices on July 29. We will not meet every day. I have attached a practice schedule as well as a daily running schedule.

July 8-14: Base Building

Goal: Establish a routine and build endurance.

Day 1: Easy run, 25 minutes.

Day 2: Cross-training (cycling, swimming, or strength training).

Day 3: Easy run, 25 minutes.

Day 4: Cross-training.

Day 5: Easy run, 30 minutes.

Day 6: Long run, 40 minutes at a comfortable pace.

Day 7: Rest or easy recovery activity (walking, stretching).

July 15-21: Increasing Volume

Goal: Increase mileage and endurance.

Day 1: Easy run, 35 minutes.

Day 2: Cross-training.

Day 3: Easy run, 35 minutes.

Day 4: Cross-training.

Day 5: Easy run, 35 minutes.

Day 6: Long run, 50 minutes at a comfortable pace.

Day 7: Rest or easy recovery activity.

July 22-28: Adding Intensity

Goal: Introduce speed and tempo workouts.

Day 1: Easy run, 40 minutes.

Day 2: Cross-training or strength training.

Day 3: Interval workout: 4 x 400 meters at race pace with 200-meter recovery jog.

Day 4: Cross-training or strength training.

Day 5: Easy run, 40 minutes.

Day 6: Long run, 60 minutes at a comfortable pace.

Day 7: Rest or easy recovery activity.

July 29-Aug 4: Adding Intensity

Goal: Improve speed and tempo

Day 1: Team meeting, 1-mile timed run (tempo pace or faster)

Easy run, 25 minutes

Day 2: Cross-training or strength training.

Day 3: Tempo run: 30 minutes

Day 4: Cross-training or strength training.

Day 5: Easy run, 40 minutes.

Day 6: Long run 60 minutes at a comfortable pace

Day 7: Rest or easy recovery activity.

Tips:

- Warm-up and cool down: Always include a warm-up before workouts and a cool down afterward.
- Hydration and nutrition: Stay hydrated throughout the day and eat balanced meals to support training demands.
- Listen to your body: Adjust intensity or take extra rest if you feel fatigued or sore.
- Consistency is key: Stick to the schedule as much as possible to build endurance and improve performance gradually.

July 8-14	Run on your own
July 15-21	Run on your own
July 22-28	Run on your own
July 29	9:00 AM @ OP Track
July 30	9:00 AM @ OP Track
July 31	9:00 AM @ OP Track
Aug 1-6	Run on your own
Aug 7	9:00 AM @ OP Track
Aug 8	9:00 AM @ OP Track
Aug 9	9:00 AM @ OP Track
Aug 10-13	Run on your own
Aug 14	Begins everyday practice, 3:30 PM - 4:30 PM

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