

Clay High Cross Country Summer Conditioning Training 2025

These are mandatory requirements

- Sports physical (<https://www.fhsaahome.org/athletic-clearance>) - note your confirmation paper must be signed by coach Moses, our athletic director, at Clay High School in order to have athletic clearance (jared.moses@myoneclay.net)
- Join Strava to track your progress and to share workouts with the team. It is free - <https://www.strava.com/register/free> - once you have downloaded the AP, search up Clay High XC and request being added to our group.

Week			
<u>1</u> June 2 - 8 <u>2</u> June 9 - 15 <u>3</u> June 16 - 22	A Advanced (2 days) Easy Run: (30-45 minutes) (1 day) Tempo runs: (5 min easy run - 20 minutes tempo 5 min easy run) (1 day) Long runs: (60-90 minutes)	B Intermediate (2 days) Easy Run: (25-35 minutes) (1 day) Tempo runs: (5 min easy run - 15 minutes tempo 5 min easy run) (1 day) Long runs: (50-80 minutes)	C Beginner (2 days) Easy Run: (20-30 minutes) (1 day) Tempo runs: (5 min easy run - 10 minutes tempo 5 min easy run) (1 day) Long runs: (40 -70) minutes
<u>4</u> Jun 23 - 29	A	B	C

<u>5</u> JUL 30 - 6 <u>6</u> JUL 7 - 13	<p>Advanced</p> <p><i>(2 days) Easy Run: (40-55 minutes)</i> <i>(1 day) Tempo runs: (5 min easy run - 20 minutes tempo 5 min easy run)</i> <i>(1 day) Long runs: (70 -110 minutes)</i></p>	<p>Intermediate</p> <p><i>(2 days) Easy Run: (30-40 minutes)</i> <i>(1 day) Tempo runs: (5 min easy run - 15 minutes tempo 5 min easy run)</i> <i>(1 day) Long runs: (60-100 minutes)</i></p>	<p>Beginner</p> <p><i>(2 days) Easy Run: (25-35 minutes)</i> <i>(1 day) Tempo runs: (5 min easy run - 10 minutes tempo 5 min easy run)</i> <i>(1 day) Long runs: (50-90 minutes)</i></p>
<u>7</u> JUL 14 - 20 <u>8</u> JUL 21 - 27 <u>9</u> July/AUG 28 - 3	<p>A Advanced</p> <p><i>(2 days) Easy Run: (60-65 minutes)</i> <i>(1 day) Tempo runs: (5 min easy run - 20 minutes tempo 5 min easy run)</i> <i>(1 day) Long runs: (80 -120 minutes)</i></p>	<p>B Intermediate</p> <p><i>(2 days) Easy Run: (40-50 minutes)</i> <i>(1 day) Tempo runs: (5 min easy run - 15 minutes tempo 5 min easy run)</i> <i>(1 day) Long runs: (70-110 minutes)</i></p>	<p>C Beginner</p> <p><i>(2 days) Easy Run: (35-45 minutes)</i> <i>(1 day) Tempo runs: (5 min easy run - 10 minutes tempo 5 min easy run)</i> <i>(1 day) Long runs: (60 - 100 minutes)</i></p>
Aug 4 - 11	Meet at Clay High School on the track @ 2:00 M,T,W,Th, FR		

Running Descriptions:

Tempo Runs – Endurance and Speed: 5 min – Begin at an easy warm up pace such as a gentle jog, then gradually accelerate toward **peak** speed midway through the workout, holding that peak for prescribed time in workout above, then gradually decelerate, finishing with 5 minutes of gentle jogging to cool-down. Your **peak should not** be as fast as your 5k best time. *The idea is to push your body just to the lactic acid threshold but not over (as in race pace) to allow lactic acid to build. In doing this, you will train your body to increase that threshold, thereby allowing you to run faster for a greater length of time* **Your peak pace should be 25 to 30 seconds slower than your race pace**

Long Runs: Long runs are imperative to improve your aerobic fitness and endurance. It does not matter how fast or slow you run, as long as you run for the prescribed length of time at a pace that allows you to finish as fast as you start. If your pace lags and you have to walk in the last few miles, you obviously ran the early miles too fast. Run at a “gossip” pace. (you can run and talk to someone)(and refrain from gossiping) This is a workout that you can run on the roads or on trails. Mostly, have fun.

Easy Days: You need days of comparative rest between the hard workouts, otherwise you will not be able to run those hard workouts at full speed. If you fail to do the hard workouts properly, you will not improve. Don't train hard every day assuming that it will make you a better runner; it may actually affect your training negatively.

*My advice to you is to be sure you are always challenging yourself appropriately – The key is to consider your level of fitness now, and to continue to make **small, gradual** adjustments to **test** if you are ready to do more. **Be practical about your goals** – Follow the plan and you will see significant changes by the end of the summer*

Hydrating Eating healthy, getting proper sleep and maintaining a healthy lifestyle and mindset are also a **BIG** part of the plan that we will discuss in further detail at another time:) – **Enjoy the workout!** – Coach Cirillo (stefanie.bergmancirillo@myoneclay.net)

