

Clay High Cross Country Summer Training 2024

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun																		
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Please Join Strava to track your progress and to share workouts with the team. It is free - <https://www.strava.com/register/free>

Running Descriptions:

Tempo Runs - Endurance and Speed: A tempo run is a workout of 25 to 40 minutes, usually run on trails or in the woods so you have no reference to exactly how far or how fast you are running. Begin at an easy warm up pace. After 3 - 10 minutes of gentle jogging, gradually accelerate toward peak speed midway through the workout, holding that peak for 5 or 10 minutes, 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 necessary 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 - I wasted a lot of years failing to progress by either not challenging myself enough or injuring myself by challenging myself too much. 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 - I know you want to run faster **NOW** but trust me, you will reach your goals faster by following a plan that makes gradual progress in a structured way. Your body is an amazing machine and will get stronger and faster with proper training*

PS. 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)

