

Pre-training training

Junior athletes need to be prepared to run 8-10 miles on trails at the start of summer training. This is due to limited staff and supervision above all else - we do a lot of trail running, and must try to keep our group within a physical range that we can reasonably respond to in case of emergencies. If you are new to endurance sports but would like to do summer training, the progression below is recommended to prepare. This is more gradual than may appear to be necessary - though fitness can be built very quickly by high school athletes, adjusting to the impact of running can take longer than you realize. Doing too much too soon can cause shin splints and impact injuries that limit you for the rest of the season, so it's in your best interests to build slowly!

This 15k/10mi training plan is from the Hal Higdon website. Details & definitions are below.

week	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 11, 2024	1	Stretch & strengthen	2 mi run	30 min cross	2 mi run + strength	Rest	2 mi run	30 min cross
March 18, 2024	2	Stretch & strengthen	3 mi run	30 min cross	2 mi run + strength	Rest	3 mi run	30 min cross
March 25, 2024	3	Stretch & strengthen	3 mi run	35 min cross	2 mi run + strength	Rest	4 mi run	30 min cross
April 1, 2024	4	Stretch & strengthen	2 mi run	35 min cross	2 mi run + strength	Rest	2 mi run	40 min cross
April 8, 2024	5	Stretch & strengthen	4 mi run	40 min cross	3 mi run + strength	Rest	5 mi run	40 min cross
April 15, 2024	6	Stretch & strengthen	4 mi run	40 min cross	3 mi run + strength	Rest	6 mi run	50 min cross
April 22, 2024	7	Stretch & strengthen	3 mi run	45 min cross	3 mi run + strength	Rest	4 mi run	50 min cross
April 29, 2024	8	Stretch & strengthen	5 mi run	45 min cross	3 mi run + strength	Rest	7 mi run	60 min cross
May 6, 2024	9	Stretch & strengthen	5 mi run	45 min cross	3 mi run + strength	Rest	8 mi run	60 min cross
May 13, 2024	10	Stretch & strengthen	3 mi run	30 min cross	2 mi run + strength	2 mi run or rest	Rest	15K run

Stretch & Strength: Mondays are the days in which I advise you to do some stretching along with some strength training. This is actually a day of rest following your weekend long run. Do some easy stretching of your running muscles. This is good advice for any day, particularly after you finish your run, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a gym. I also suggest that you do some strength training following your Thursday workouts, however you can schedule strength training on any two days that are convenient for your school and personal schedule.

Running workouts: Put one foot in front of the other and run. It sounds pretty simple, and it is. Don't worry about how fast you run; just cover the distance—or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you run. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run three days of the week: Tuesdays, Thursdays and Saturdays, Saturdays being a longer run.

Cross-Training: On the schedule, this is identified simply as “cross.” What form of cross-training works best for runners preparing for a 15K race? It could be swimming, or cycling, walking, other forms of aerobic training or some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. Feel free to throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Rest: The most important day in any running program is rest. Rest days are as important as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. In this program, Friday is always scheduled as a day of rest to compliment the easy workouts on Mondays.

How does this combine with track?

If you're running distance with track, this plan will probably start lower-mileage than what your team is doing, and end higher-mileage. Keep track of the miles you do, and **listen to your body** (specifically, your shins & knees). If you know you need to work on your endurance, make time for the longer runs of the week.

Sprinters and non-track athletes should follow the above progression as closely as possible.