

2019 Helena High Cross Country

Summer Training Plan | Group Runs | 7 a.m. Monday-Friday | Helena Middle School Parking Lot

The three training plans below were developed with gradual progression in mind and should be followed as closely as possible to ensure mileage is increased at a safe rate. It is strongly encouraged that all cross country runners begin the program on the first day of the plan and follow the progression through the summer to develop a good base and prepare their bodies for the rigors of more intense and race-specific training during the season. Running-related injuries like shin splints, Achilles tendonitis, runners knee, etc., can be often times be avoided with a commitment to consistency and the gradual progression presented below. Some more experienced runners interested in higher mileage should first consult with a coach before "adding on" or adding a second run on certain days.

NOTE: None of these three plans fall into the "high mileage" category, and instead are designed with the majority of team's runners in mind. Athletes interested in a high mileage plan beyond the targets in the Pack 3 training plan should first consult with their coaches to develop a smart and individualized progression that considers that athlete's development and running history.

PACK 1: This training plan is developed for all first-year runners who are committed to consistent training throughout the summer, and for veterans who are returning to running after an injury or a long layoff (greater than one year). First-year high school runners who have more than 2 years of competitive running experience, should consult first with their coaches if they are interested in working their way up to Pack 2.

PACK 2: This training plan is ideal for returning boys and girls who have 1 or 2 years of experience in the program and are committed to consistent training throughout the summer. Runners in this group who have suffered from running-related injuries should consult with their coaches before tackling this training plan, and adjust accordingly. Most girls currently in the HHS program should train two full seasons at this mileage level before advancing to Pack 3.

PACK 3: This training plan is designed for boys who have at least 2 years of high school experience and girls who have at least 3 years of running experience, and are committed to running consistently throughout the summer. Athletes in this group with a history of running related injuries should first consult with their coaches and start in Pack 2 before transitioning to this plan.

Helena High Cross Country Summer Training | Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Strength	Legs	Core	Legs	Core		Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 15-20 miles	4-5 miles, long run (40 minutes max)	2-3 miles	2-3 miles; 6x75 strides	2-3 miles	2 miles and wickets, plus Friday Fun Day; Runners choose a game/sport that involves at least 20 minutes of running	On your own: 2-3 miles; 6x75 strides	Rest
Pack 2 / 20-25 miles	5-6 miles, long run (50 minutes max)	3-4 miles	4 miles; 8x75 strides	3-4 miles		On your own: 2-3 miles; 6x75 strides	Rest
Pack 3 / 26-31 miles	6-7 miles, long run (60 minutes max)	4-5 miles		4-5 miles		On your own: 4-5 miles, 6x75 strides	Rest
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

NOTE: Athletes with a competitive training age of 3+ years (middle school, high school and club) are encouraged to add evening runs on your own later in the summer, based on fitness and comfort level. This is intended to allow varsity-level athletes who are ready the opportunity to add moderate volume to their training plan in a safe manner. Only add evening runs after consulting with a coach. Crosstraining is another option that will be discussed (swimming, cycling, etc.)

INJURED, SICK OR HURT? Please notify a coach as soon as you feel something is off, whether it's pain you've never experienced, abnormal soreness, or sickness. We can adjust as necessary to ensure you start the official season fit healthy.

Helena High Cross Country Summer Training | Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Strength	Legs	Core	Legs	Core		Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 15-20 miles	4-5 miles, long run (40 minutes max)	2-3 miles	2-3 miles; 6x75 strides	Hills: Hill Park Circuits (4-6 loops); 3.5-4 miles	2 miles and wickets, plus Friday Fun Day; Runners choose a game/sport that involves at least 20 minutes of running	On your own: 2-3 miles; 6x75 strides	Rest
Pack 2 / 20-25 miles	5-6 miles, long run (50 minutes max)	3-4 miles	4 miles; 8x75 strides	Hills: Hil Park Circuits (6-8 loops); 4-4.5 miles		On your own: 2-3 miles; 6x75 strides	Rest
Pack 3 / 26-31 miles	6-7 miles, long run (50 minutes max)	4-5 miles		Hills: Hill Park Circuits (10-12 loops); 5-5.5 miles		On your own: 4-5 miles; 8x75 strides	Rest
Dynamic warmup	Yes			Yes	Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Helena High Cross Country Summer Training | Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
Strength	Legs	Core	Legs	Core	Circuit	Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 15-20 miles	4-5 miles, long run (40 minutes max)	2-3 miles	2-3 miles; 6x75 strides	Hills: Tucker-Dry Gulch hills repeats; Start from the end of pavement on Davis, jog to Tucker/Dry; 2 times up each side for Pack 1; 4 times up each side for Pack 2 and 3; Pack 1 and 2 return on Davis, Pack 3 returns on Fuchs and Rodney Ridge trails. Pack 1 (4 mi), Pack 2 (5	2 miles and wickets, plus flying 30s, Circuit Training and form drills at Vigilante	On your own: 2-3 miles; 6x75 strides	Rest
Pack 2 / 20-25 miles	5-6 miles, long run (50 minutes max)	3-4 miles	4 miles; 8x75 strides			On your own: 3 miles; 6x75 strides	Rest
Pack 3 / 27-32 miles	8 miles, long run (60 minutes max)	4-5 miles				On your own: 5-6 miles; 8x75 strides	Rest
Dynamic warmup	Yes			Yes	Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Helena High Cross Country Summer Training | Week 4

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Strength	Legs	Core		Core	Legs	Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 15-20 miles	5 miles, long run	3 miles; 6x75 strides	Tempo: 1 mile warmup, 1 mile tempo run, 1 mile cooldown @ Ten Mile Creek	3 miles	2 miles and wickets, plus Friday Fun Day; Runners choose a game/sport that involves at least 20 minutes of running	On your own: 2-3 miles; 6x75 strides	Rest
Pack 2 / 25 miles	6 miles, long run	4 miles; 8x75 strides	Tempo: 1 mile warmup, 2x1 mile tempo run, 2 mile cooldown @ Ten Mile Creek or Siebel	4 miles		On your own: 4 miles; 6x75 strides	Rest
Pack 3 / 32 miles	8 miles, long run	5 miles; 8x75 strides		5 miles		On your own: 6 miles; 6x75 strides	Rest
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

NOTE: Athletes with a competitive training age of 3+ years (middle school, high school and club) are encouraged to consider adding evening runs of 20-30 minutes on your own 1-3 times per week to add moderate volume to their overall summer mileage. Only add evening runs after consulting with a coach. Crosstraining is another option that will be discussed (swimming, cycling, etc.)

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Helena High Cross Country Summer Training | Week 5

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
Strength	Legs	Core	Legs	Core	Circuit	Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 24 miles	5 miles, long run	Tempo: 1 mile warmup, 2x1 mile tempo run, 1 mile cooldown @ Siebel	3 miles; 6x75 strides	Hills: Carroll College Hill Circuits (4-6 loops); 3.5-4 miles	4 miles plus wickets, flying 30s, Circuit Training and form drills at Vigilante	On your own: 3 miles; 6x75 strides	Rest
Pack 2 / 31 miles	6-7 miles, long run	Tempo: 2 mile warmup, 3x1 mile tempo run, 1 mile cooldown @ Siebel	5 miles; 8x75 strides	Hills: Carroll College Hill Circuits (8 loops); 5 miles		On your own: 4 miles; 6x75 strides	Rest
Pack 3 / 35 miles	9 miles, long run	Tempo: 2 mile warmup, 4x1 mile tempo run, 1 mile cooldown @ Siebel	5 miles; 8x75 strides	Hills: Carroll College Hill Circuits (10 loops); 5 miles		On your own: 6 miles; 6x75 strides	Rest
Dynamic warmup		Yes		Yes			Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Helena High Cross Country Summer Training | Week 6

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
Strength	Legs	Core		Core	Legs	Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 24 miles	5-6 miles, long run	3 miles; 6x75 strides	Tempo: 1 mile warmup, 2x1 mile tempo run, 2 mile cooldown @ Ten Mile Creek	3 miles	4 miles and wickets, plus Friday Fun Day; Runners choose a game/sport that involves at least 20 minutes of running	On your own: 3 miles; 6x75 strides	Rest
Pack 2 / 31 miles	6-7 miles, long run	4 miles; 8x75 strides	Tempo: 2 mile warmup, 2 mile tempo run, 2 mile cooldown @ Ten Mile Creek	5 miles		On your own: 5 miles; 6x75 strides	Rest
Pack 3 / 38 miles	9 miles, long run	6 miles; 8x75 strides	Tempo: 2 mile warmup, 1x2 mile and 1x1 mile tempo, 2 mile cd Ten Mile Creek	6 miles		On your own: 6 miles; 6x75 strides	Rest
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Helena High Cross Country Summer Training | Week 7

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	3-Aug
Strength	Legs	Core		Core	Legs	Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 26 miles	6 miles, long run	3 miles; 6x75 strides	Tempo: 1 mile warmup, 2x1 mile tempo run, 2 mile cooldown @ Siebel	Hills: Cox Lake - Spring Hill Road Circuit (run from Cox Lake to bottom of Spring Hill Road; 2 sets for Pack 1, 3-4 sets for Pack 2, 5 sets for Pack 3; cooldown to Cox Lake and around	4 miles and wickets, plus Friday Fun Day; Runners choose a game/sport that involves at least 20 minutes of running	On your own: 4 miles; 6x75 strides	Rest
Pack 2 / 32 miles	7-8 miles, long run	4 miles; 8x75 strides	Tempo: 2 mile warmup, 2-3 mile tempo run, 2 mile cooldown @ Siebel			On your own: 5 miles; 6x75 strides	Rest
Pack 3 / 40 miles	10 miles, long run	6 miles; 8x75 strides	Tempo: 2 mile warmup, 3 mile tempo run, 2 mile cooldown @ Siebel			On your own: 7 miles; 6x75 strides	Rest
Dynamic warmup	Yes		Yes	Yes	Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Helena High Cross Country Summer Training | Week 8

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug
Strength	Legs	Core		Core	Circuit	Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 27 miles	6 miles, long run	3 miles; 6x75 strides	Tempo: 1 mile warmup, 2 mile tempo run, 2 mile cooldown @ Ten Mile Creek	4 miles on hilly route	4-5 miles and wickets, plus flying 30s, Circuit Training and form drills at Vigilante	On your own: 4 miles; 6x75 strides	Rest
Pack 2 / 36 miles	8 miles, long run	5 miles; 8x75 strides	Tempo: 2 mile warmup, 3 mile tempo run, 2 mile cooldown @ Ten Mile Creek	5 miles on hilly route		On your own: 7 miles; 6x75 strides	Rest
Pack 3 / 42 miles	10 miles, long run	6 miles; 8x75 strides	Tempo: 2 mile warmup, 4 mile tempo run, 2 mile cooldown @ Ten Mile Creek	6 miles on hilly route		Rest	
Dynamic warmup	Yes		Yes		Yes		Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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Helena High Cross Country Summer Training | Week 9

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
Strength	Legs	Core		Core		Core	Rest
Drills	Yes		Yes		Yes		Rest
Pack 1 / 27 miles	6-7 miles, long run	3 miles; 6x75 strides	Tempo: 2 mile warmup, 2x1 mile tempo run, 2 mile cooldown @ Siebel	Floweree 800s: 2 mile warmup, 4x800 @ 5k race pace, 2 mile cooldown	Midnight Run; First official day of practice	On your own: 4 miles; 6x75 strides	Rest
Pack 2 / 37 miles	8-9 miles, long run	5 miles; 8x75 strides	Tempo: 2 mile warmup, 3x1 mile tempo run, 2 mile cooldown @ Siebel	Floweree 800s: 2 mile warmup, 6x800 @ 5k race pace, 2 mile cooldown; meet at Mt. Helena Trailhead		On your own: 6 miles; 6x75 strides	Rest
Pack 3 / 46 miles	10-11 miles, long run	6 miles; 8x75 strides	Tempo: 2 mile warmup, 2x2 mile tempo run, 2 mile cooldown @ Siebel			On your own: 8 miles; 6x75 strides	Rest
Dynamic warmup	Yes		Yes	Yes			Rest
Static stretch after	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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