

Summer Running Plan - 2025

Off season training for distance runners is critical for success. By running consistently during the summer, you build a strong base of fitness, improve your endurance, and help prevent injuries when the tougher workouts begin in the fall. It's also a great time to reconnect with teammates, build friendships, and stay motivated together.

If you are new to running, our summer running group is a great opportunity to learn from our experienced runners. The schedule for our summer running group is available in the SportsYou calendar.

If you competed in spring track or did any type of racing in spring, please take at least two weeks off from running after your last race before starting your summer training plan to allow your body ample time to recover:

TRAINING LEVELS

This plan has 3 levels: beginner/low mileage, intermediate/average mileage, and advanced/high mileage. Here are some questions to help you pick the right level.

Have you run cross country before?

- No → Join Beginner Group
- Yes

How many seasons of cross country have you completed?

- 1 or fewer → Join Beginner or Intermediate Group (*based on other factors*)
- 2 or more

Are you currently dealing with an injury or have you had recent injury issues?

- Yes → Join Beginner or Intermediate Group (*lower mileage to reduce risk*)
- No

Are you playing another sport this summer?

- Yes → Join Beginner or Intermediate Group (*to balance training load*)
- No

What is your average weekly mileage in the past month?

- Less than 15 miles/week → Beginner or Intermediate
- 15-25 miles/week → Intermediate
- 25+ miles/week → Advanced

Do you feel comfortable running more than 5 days per week?

- No → Intermediate
- Yes → Advanced Group

TERMINOLOGY AND TYPES OF RUNS

- **Long Run (LR):** Once per week; a run at or near the high end of your minutes range.
- **Strides:** Used to maintain and develop speed. 80-120 meters or about 20 seconds in which you speed up as you go, hitting 95% effort, and then coast down. Recover fully between strides or hill sprints. It's best to do a 10-15 minute warm-up, then strides or hill sprints, and then a 10 minute easy cool down (but run, don't walk)
- **Hill Sprints:** Also used to maintain and develop speed. Find a moderately steep hill and sprint up for 10-15 seconds at 100% effort. Experienced athletes should aim for 15 seconds. Walk down and repeat when fully recovered.
- **Easy/Base Runs:** Controlled easy runs in which you get your body accustomed to running. You should be able to have a conversation easily at this pace.
- **Negative Split (NS)** - A run in which you start out easy and get progressively faster as you run. Run the second half of your run faster than the first. Aim for tempo pace (20-30 seconds per mile slower than 5k pace) with a fast finish.
- **Cross Training:** Any type of cardio exercise that is non-weight bearing or is light weight bearing. Cross training allows you to substitute some high intensity aerobic cross training for the high impact of running. This is especially important if you are new to running to give your body time to recover from the new stresses you are placing on it. Good options include swimming, high intensity biking, and elliptical training.

BEGINNER/LOW MILEAGE

- **Week 1:** 3 days of running. 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Up to 3 days of aerobic cross training.
- **Week 2:** 3 days of running. 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- One Negative Split (NS) run of 30 minutes. Up to 3 days of aerobic cross training.
- **Week 3:** 3 days of running. 25-45 minutes per run. 4 strides or hill sprints as part of one of your runs. Workout- 4x40seconds fast with 2 minute break between. Up to 3 days of aerobic cross training.
- **Week 4:** 4 days of running. 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- One Negative Split(NS) run of 30 minutes. Up to 2 days of aerobic cross training.
- **Week 5:** 3 days of running. 25-45 minutes per run. 4 strides or hill sprints as part of one of your runs. Workout- 4x40 seconds fast with 2 minute break between. Up to 3 days of aerobic cross training.

- Week 6: 4 days of running. 25-50 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- One Negative Split(NS) run of 30 minutes. Up to 2 days of aerobic cross training.
- Week 7: 4 days of running. 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. No Workout. Up to 2 days of aerobic cross training.
- Week 8: 4 days of running 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- 4x2 minutes fast with 2 minute break between. Up to 2 days of aerobic cross training.
- Week 9: 3 days of running 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout One Negative Split (NS) run of 30 minutes. Up to 2 days of aerobic cross training.
- Week 10: 4 days of running 25-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout 8x 1 minute fast with 1 minute in break between. Up to 2 days of aerobic cross training.
- Week 11: 5 days of running. 30-45 minutes per run. 4 strides or hill sprints as part of one of your runs. Workout- 4x60 seconds fast with 2 minute break between. Add a day of aerobic cross training.
- Week 12: 5 days of running. 30-45 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- One Negative Split(NS) run of 30 minutes (20 minutes tempo). Add a day of aerobic cross training.

INTERMEDIATE/AVERAGE MILEAGE

- Week 1: 3 days of running and 1-2 days of cross training. 25-55 minutes per run. 5 strides or hill sprints as part of two of your runs.
- Week 2: 3-4 days of running and 1-2 days of cross training. 25-55 minutes per run. 6 strides or hill sprints as part of two of your runs.
 - Week 3: 4 days of running and 1-2 days of cross training. 25-55 minutes per run. 6 strides or hill sprints as part of two of your runs.
 - Week 4: 4-5 days of running and one day of cross training. 35-55 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- One Negative Split (NS) run of 30 minutes.
 - Week 5: 4 days of running and one day of cross training. 35-55 minutes per run. 4 strides or hill sprints as part of one of your runs. Workout- 4x40 seconds fast with 2 minute break between.
 - Week 6: 5 days of running and one day of cross training. 35-55 minutes per run. 4 strides or hill sprints as part of two of your runs. Workout- One Negative Split(NS) run of 30 minutes.

- Week 7: 5 days of running and one day of cross training. 35-55 minutes per run. 4 strides or hill sprints as part of one of your runs. Workout- 4x60 seconds fast with 2 minute break between.
- Week 8: 5 days of running and one day of cross training. 35-50 minutes per run. 4 strides or hill sprints as part of two of your runs. Workouts- One Negative Split(NS) run of 30 minutes (20 minutes tempo)
- Week 9: 3-4 days of running. 1-2 days of cross training. 35-50 minutes per run. 4 strides or hill sprints as part of two of your runs. No Workout.
- Week 10: 4-5 days of running 35-50 minutes per run and one day of cross training. 4 strides or hill sprints as part of two of your runs. Workouts- 4x2 minutes fast with 2 minute break between, one 20 tempo/30 min NS run.
- Week 11: 5 days of running 35-50 minutes per run and one day of cross training. 4 strides or hill sprints as part of two of your runs. Workouts One Negative Split (NS) run of 30 minutes, one day of 10*30 second hills
- Week 12: 5 days of running 35-45 minutes per run, one day of cross training. 4 strides or hill sprints as part of two of your runs. Workouts 8x 1 minute fast with 1 minute in break between, NS run or 20 min tempo

ADVANCED/HIGH MILEAGE

- Week 1: 5 days of running and one day of cross training. 35-60 minutes per run. 6 strides or hill sprints after two of your runs.
- Week 2: 5 days of running and one day of cross training. 35-60 minutes per run. 6 strides or hill sprints after two of your runs.
- Week 3: 5 days of running and one day of cross training. 35-60 minutes per run. 6 strides or hill sprints after one of your runs. Workout of 4x200m at mile effort with 2 minute jog recovery.
- Week 4: 5 days of running and one day of cross training. 35-60 minutes per run. 6 strides or hill sprints after one of your runs. Workout of 45 minute run with 4x4 minutes at 5k effort with 1:30 walk/jog break between reps.
- Week 5: 5 days of running and one day of cross training. 35-65 minutes per run. 6 strides or hill sprints after one of your runs. Workout of 4x150 hill runs with 2 minute recovery.
- Week 6: 5 days of running and one day of cross training. 35-65 minutes per run. 6 strides or hill sprints after one of your runs. Workouts of one 45 minute run with 2x6 minutes at 5k effort with 3 minute jog break and one NS run.
- Week 7: 6 days of running and one day of cross training. 35-70 minutes per run. 6 strides or hill sprints after one of your runs. Workouts of 4x300m at mile effort with 2 minute jog recovery and one NS run

- Week 8: 6 days of running and one day of cross training. 35-70 minutes per run. 6 strides or hill sprints after one of your runs. Workout of 45 minutes with 3x5 minutes at 5k effort with 1:30 walk break between reps and one 20 minute tempo run.
- Week 9: 5 days of running and one day of cross training. 35-75 minutes per run. 6 strides or hill sprints after two of your runs. No Workouts
- Week 10: 6 days of running 35-70 minutes per run and one day of cross training. 6 strides or hill sprints as part of two of your runs. Workouts- 5x2 minutes at 5k with 2 minute break between and a 20 minute tempo run.
- Week 11: 6 days of running 35-70 minutes per run and one day of cross training. 6 strides or hill sprints as part of two of your runs. Workouts one tempo run of 30 minutes (warm up and cool down of at least 10 minutes) and one run of 12 x 1 minute at 5k effort with 1 minute easy in between
- Week 12: 6 days of running and one day of cross training. 35-70 minutes per run. 6 strides or hill sprints as part of two of your runs. Workouts 10 x 1 minute at 5k effort with 1 minute in break between and one tempo run of 20 minutes.

STRENGTH ROUTINE

For our off season training for strength maintenance, we encourage athletes to do the following strength workout twice per week.

- 3x15 [single leg squats](#), put your other foot up on a bench behind you. Use dumbbells.
- 3x10-40 Push-Ups (depending on how many you can do) or Modified Push-ups adding 1 per week.
- 3x10 single [leg deadlift](#) to High Knee/runner pose or 3*5 heavy [barbell deadlift](#), your choice.
- 3x8 [overhead press](#)
- 3x20 [Side to Side Hops](#)
- 3x10 Squat Jump or Box Jump
- 3x5-10 chin ups, [or row ups](#), or [partner rows](#).
- 2 x [Clamshells](#)
- 2 x [Glute Ham Bridge](#)
- 2 x 60 seconds Crunches or dead bugs
- 60 second front plank