

QUICKSILVER RUNNING CLUB'S YOUTH SUMMER TRAINING PLAN

This Summer training plan will help provide you a guide for training to increase your weekly total miles/minutes and build a good conditioning base for the Fall XC season. It is based on a multi-lateral program that will maintain and improve Strength, Speed, Endurance, Flexibility and Coordination. Of course, you know your body better than anyone, so you may need to adapt this plan to your current condition, your bodies ability to recover and other varying aspects during the Summer (e.g., vacation plans).

The plan is split into 3 categories based on your condition and ability. You should try to push yourself to move up in categories, but be cautious about increasing your mileage too quickly (10-20% a week at the most). Your rest days should include some type of activity, such as, swimming, biking, hiking, or weight training. Below is a description of the 3 types of condition and explanations for the workouts. A simple way to calculate Max HR is $220 - \text{Age}$ or another is $208 - 0.7 \times \text{Age}$. 60%-80% is aerobic, 80%-90% is anerobic, 90%-95% is lactate threshold and 95%-100% Max HR is VO2max.

A = GOOD CONDITION	WORKOUTS
B = MEDIUM CONDITION	All days include .5 to 1 mile warm-up, stretch, workout, .5-1 mile cool down, 20-40 yard drills (High Knee, Butt Kickers, A-Skipping, Stride)
C = BEGINNING CONDITION	Hills/Tempo/Fartlek - This is a medium hard workout with some strength (hills) or speed (tempo of 1 to 3 miles fast/Fartled of several shorter fast pickups followed by easy running). Generally getting the HR to 80% Max when doing hills or the speed portion. Easy Flat or Easy Long are meant to be comfortable aerobic pace runs (60%-80% Max HR). NOTE: Try to do core work (crunches, sit-ups, leg raises, planks, etc.) 2-3 times a week if you don't do it at organized practices.

week	day	workout	A	B	C	NOTES
			Distance or Time			
6/5	Su		Rest Cross Training			
1	M	Hills/Tempo	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
1	T	Easy Flat	5 miles or 45 min	4 miles or 35 min	3 miles or 25 min	
1	W	Hills/Fartlek	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
1	TH		Rest Cross Training			
1	F	Easy Long	7 miles or 60 min	6 miles or 50 min	5 miles or 45 min	
1	SA	Easy Long	6 miles or 50 min	5 miles or 45 min	4 miles or 40 min	
	weekly totals		27-29 miles	21-23 miles	16-18 miles	
6/12	Su		Rest Cross Training			
2	M	Hills/Tempo	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
2	T	Easy Flat	5 miles or 45 min	4 miles or 35 min	3 miles or 25 min	
2	W	Hills/Fartlek	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
2	TH		Rest Cross Training			
2	F	Easy Long	7 miles or 60 min	6 miles or 50 min	5 miles or 45 min	
2	SA	Easy Long	6 miles or 50 min	5 miles or 45 min	4 miles or 40 min	
	weekly totals		27-29 miles	21-23 miles	16-18 miles	
6/19	Su		Rest Cross Training			
3	M	Hills/Tempo	6 miles or 60min	4.5 miles or 45min	3 miles or 35 min.	
3	T	Easy Flat	5 miles or 45 min	5 miles or 45 min	4 miles or 35 min	
3	W	Hills/Fartlek	6 miles or 60min	4.5 miles or 45min	3 miles or 35 min.	
3	TH		Rest Cross Training			
3	F	Easy Long	8 miles or 70 min	6 miles or 50 min	5 miles or 45 min	
3	SA	Easy Long	7 miles or 60 min	5 miles or 45 min	4 miles or 40 min	
	weekly totals		32-33 miles	25-27 miles	19-22 miles	
6/26	Su		Rest Cross Training			
4	M	Easy	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
4	T	Easy	5 miles or 45 min	4 miles or 35 min	3 miles or 25 min	
4	W	Easy	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
4	TH		Rest Cross Training			
4	F	Easy Long	7 miles or 60 min	6 miles or 50 min	5 miles or 45 min	

week	day	workout	A	B	C	NOTES
			Distance or Time			
4	SA	Easy Long	6 miles or 50 min	5 miles or 45 min	4 miles or 40 min	
	weekly totals		27-29 miles	21-23 miles	16-18 miles	
7/3	Su		Rest Cross Training			
5	M	Hills/Tempo	6 miles or 60min	6 miles or 60min	4.5 miles or 45min	
5	T	Easy Flat	5 miles or 45 min	5 miles or 45 min	5 miles or 45 min	
5	W	Hills/Fartlek	6 miles or 60min	6 miles or 60min	4.5 miles or 45min	
5	TH		Rest Cross Training			
5	F	Easy Long	8 miles or 70 min	8 miles or 70 min	6 miles or 50 min	
5	SA	Easy Long	7 miles or 60 min	7 miles or 60 min	5 miles or 45 min	
	weekly totals		32-33 miles	25-27 miles	19-22 miles	
7/10	Su		Rest Cross Training			
6	M	Hills/Tempo	7 miles or 60min	6 miles or 60min	4.5 miles or 45min	
6	T	Easy Flat	5 miles or 45 min	5 miles or 45 min	5 miles or 45 min	
6	W	Hills/Fartlek	7 miles or 60min	6 miles or 60min	4.5 miles or 45min	
6	TH		Rest Cross Training			
6	F	Easy Long	7 miles or 60 min	8 miles or 70 min	6 miles or 50 min	
6	SA	Easy Long	6 miles or 50 min	7 miles or 60 min	5 miles or 45 min	
	weekly totals		32-34 miles	25-27 miles	19-22 miles	
7/17	Su		Rest Cross Training			
7	M	Hills/Tempo	7 miles or 60min	6 miles or 60min	4.5 miles or 45min	
7	T	Easy Flat	5 miles or 45 min	5 miles or 45 min	5 miles or 45 min	
7	W	Hills/Fartlek	7 miles or 60min	6 miles or 60min	4.5 miles or 45min	
7	TH		Rest Cross Training			
7	F	Easy Long	7 miles or 60 min	8 miles or 70 min	6 miles or 50 min	
7	SA	Easy Long	6 miles or 50 min	7 miles or 60 min	5 miles or 45 min	
	weekly totals		32-34 miles	25-27 miles	19-22 miles	
7/24	Su		Rest Cross Training			
8	M	Easy	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
8	T	Easy	5 miles or 45 min	4 miles or 35 min	3 miles or 25 min	
8	W	Easy	4.5 miles or 45min	3 miles or 35 min.	2 miles or 25 min	
8	TH		Rest Cross Training			
8	F	Easy Long	7 miles or 60 min	6 miles or 50 min	5 miles or 45 min	
8	SA	Easy Long	6 miles or 50 min	5 miles or 45 min	4 miles or 40 min	
	weekly totals		27-29 miles	21-23 miles	16-18 miles	
7/31	Su		Rest Cross Training			
9	M	Hills/Tempo	7 miles or 60min	6 miles or 60min	4.5 miles or 45min	
9	T	Easy Flat	5 miles or 45 min	5 miles or 45 min	5 miles or 45 min	
9	W	Hills/Fartlek	7 miles or 60min	6 miles or 60min	4.5 miles or 45min	
9	TH		Rest Cross Training			
9	F	Easy Long	7 miles or 60 min	8 miles or 70 min	6 miles or 50 min	
9	SA	Easy Long	6 miles or 50 min	7 miles or 60 min	5 miles or 45 min	
	weekly totals		32-34 miles	25-27 miles	19-22 miles	