

Beginning Cross Country Training Schedule 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total
week 1	easy 10-15 mins	easy 10-15 mins	Active Rest	easy 15-20 mins	easy 10-15 mins	easy 10-15 mins	Active Rest	55-80 mins
week 2	easy 10-15 mins	easy 10-15 mins	Active Rest	easy 15-20 mins	easy 10-15 mins	easy 10-15 mins	Active Rest	55-80 mins
week 3	easy 20-25 mins 4 strides @ 15 secs	easy 15-20 mins	Active Rest	easy 20-25 mins 4 strides @ 15 secs	easy 15-20 mins	easy 20-25 mins	Active Rest	90-115 mins
week 4	easy 20-25 mins 4 strides @ 15 secs	easy 15-20 mins	Active Rest	easy 20-25 mins 4 strides @ 15 secs	easy 15-20 mins	easy 20-25 mins	Active Rest	90-115 mins
week 5	easy 25-30 mins 5 strides @ 15 secs	easy 20-25 mins	Active Rest	easy 25-30 mins 5 strides @ 15 secs	easy 20-25 mins	easy 25-30 mins	Active Rest	115-140 mins
week 6	easy 25-30 mins 5 strides @ 15 secs	easy 20-25 mins	Active Rest	easy 25-30 mins 5 strides @ 15 secs	easy 20-25 mins	easy 25-30 mins	Active Rest	115-140 mins
week 7	easy 30-35 mins 6 strides (15 secs)	easy 25-30 mins	easy 30-35 +	easy 30-35 mins 6 strides (15 secs)	easy 25-30 mins	easy 30-35 +	Active Rest	140-170 mins
week 8	easy 30-35 mins 6 strides (15 secs)	easy 25-30 mins	easy 30-35	easy 30-35 mins 6 strides (15 secs)	easy 25-30 mins	easy 30-35 +	Active Rest	140-170 mins
week 9	easy 30-35 mins 7 strides (15 secs)	easy 25-30 mins	fartlek: 10 min warm up. 30 sec hard and 30 sec easy [6-10X] 10 min cool down	easy 30-35 mins 7 strides (15 secs)	easy 25-30 mins	40 mins LR ("LONG RUN")	Active Rest	180-200 mins
week 10	easy 30-35 mins 7 strides (15 secs)	easy 25-30 mins	fartlek: 10 min warm up. 30 sec hard and 30 sec easy [6-10X] 10 min cool down	easy 30-35 mins 7 strides (15 secs)	easy 25-30 mins	40 mins LR	Active Rest	180-200 mins
week 11	easy 30-35 mins 8 strides (15 secs)	easy 25-30 mins	fartlek: 10 min warm up. 60 sec hard and 60 sec easy [5X] 10 min cool down	easy 30-35 mins 8 strides (15 secs)	easy 25-30 mins	45 min LR	Active Rest	185-205 mins
week 12	easy 30-35 mins 8 strides (15 secs)	easy 25-30 mins	fartlek: 10 min warm up. 60 sec hard and 60 sec easy [5X] 10 min cool down	easy 30-35 mins 8 strides (15 secs)	easy 25-30 mins	45 min LR	Active Rest	185-205 mins