Dear Runners,

Welcome to the **LHS Girls' Cross Country Team**. For those of you who are new, we are thrilled that you’ve decided to join us. For those who are returning, it is so great to have you back. Last year we had an incredible season, winning both the EMASS Divisional Meet and Division 1- All States. I witnessed a lot of hard work and tons of fun among the team and this fall I'm sure it will be more of the same.

For those of you who don't know me, my name is Rebecca Trachsel, or Coach Trax, and I have worked with both the cross country and track teams for six years now. Below, I have outlined a summer plan for both beginners and returners. This is a suggested plan and you should use it as a guide without stressing too much about when you do what. You are simply base-building in the summer so that you will come into the season strong, fit and ready to train. You should not be doing any speed work. Just focus on getting used to running on a regular basis. You will be more likely to have a successful and, more importantly, injury free season when you start the season off with a strong base so I urge you to use the guide. Grab a friend, grab your dog, grab a group - just get out there and have fun. I truly want you to enjoy your summer running and to be ready when practice begins on August 24th.

If you are planning to attend Camp Foss in August, PLEASE don't jump into that week without having run steadily for several weeks before it starts. While it's a great program, it is designed for athletes who train on a regular basis and if you head into without a base you are very likely to incur an injury. IT IS MEANT TO HELP YOU, NOT HURT YOU.

If you have questions about anything or have anything you'd like to chat about, please don't hesitate to shoot me an email as I will be available throughout the summer. I hope you are excited as I am about our upcoming season.

See you in the fall!

All the best,

Coach Trax

**CONTACT INFORMATION**

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**LEXINGTON HIGH SCHOOL GIRLS CROSS COUNTRY**

**SUMMER TRAINING GUIDE: Beginners**

**Plan starts on July 3rd**

Week 1: Run 3-4 days. 15-25 mins/ day. Any one of those days can be a x-train (ie. bike or swim)

Week 2: Run 3-4 days. 20-30 mins/day. Any one of those days can be a x-train (ie. bike or swim)

Week 3: Run 3-4 days. 25-35 mins/day. Any one of those days can be a x-train (ie. bike or swim)

Week 4. Run 3-4 days. 25-30 mins for 3 days. 40 mins on a hilly course for one day. One short day can be a x-train.

Week 5: Run 4-5 days. 25-35 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 6: Run 4-5 days. 20-30 mins for 3 days. 40 mins on a hilly course for one day. One short day can be a x-train.

Week 7: Run 5-6 days. 25-45 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 8: Run 3 days 20-35 mins/day (PRACTICE BEGINS THURSDAY SO PLAN TO DO AN EASY SHAKEOUT ON WED)

**SUMMER TRAINING GUIDE: Returners**

**Plan starts on July 3rd**

Week 1: Run 4-5 days. 20-35 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 2: Run 4-5 days. 25-40 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 3: Run 4-5 days. 30-45 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 4. Run 4-5 days. 30-35 mins for 3-4 days. 45 mins on a hilly course for one day. One short day can be a x-train.

Week 5: Run 4-5 days. 35-50 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 6: Run 4-5 days. 30-40 mins for 3-4 days. 50 mins on a hilly course for one day. One short day can be a x-train.

Week 7: Run 5-6 days. 45-60 mins/day. Any one of those days can be a x- train (ie. bike or swim)

Week 8: Run 3 days 35-45 mins/day (PRACTICE BEGINS THURSDAY SO PLAN TO DO AN EASY SHAKEOUT ON WED)

**NOTES:**

1. If you're not sure which plan to follow, please email me.

2. Minutes per day is a range. Each of your runs should fall within this range. Make sure to break it up so that you have some shorter days and some longer days. PLEASE DO NOT do the high end of the range for all your runs. It is not necessary and could result in overtraining which may lead to an injury.

Example (from Beginner Plan)

**Week 1**

Day 1 - 15 mins

Day 2 - 20 mins

Day 3 - 25 mins

Day 4 - 20 mins

**Week 6**

Day 1 - 20 mins

Day 2 - 25 mins

Day 3 - 30 mins

Day 4 - 40 mins on hills

Day 5 - 30 minute bike

3. Make sure to insert a rest day after your longer workouts. If you are feeling worn out in general, pull back or hop on a bike. The point is to EASE in.

4. If anything feels OFF or not right, stop running. If it's something slight, just back off on the road work and get some more cross training in. If it's something else, bring it up to your parents or your doctor. Never push through, it's simply not worth it.

5. Running in the heat can be tough. Drink lots of water before and after you run. Wear a hat and/or sunglasses. Wear sunscreen. Try and get out early in the am or later in the afternoon.

6. Log your runs. Use a notebook or dailymile.com. It's a great way to stay motivated and be proud of what you've done.

7. Mix it up. Run on the beach. Run on trails. **HAVE FUN!**