

Sample 8 Week Middle School Cross Country Training Schedule

WEEK	M	T	W	TH	F	S	S	TTLs	Session Notes
1	0	1	1.25	1.75				4	WO1=do 100% of DFLEX-DR only with no additional running
	WO1	WO2	WO3	WO4					WO2-4= 70-80% of DFLEX-DR followed by listed distance run. Runs can be broken up into walk-jog in order to complete distance.
2	1.5	1.75	2	2			2.5	9.75	WO1-4= 80-100% of DFLEX-DR followed by listed distance run. Runs can be broken up into walk-jog in order to complete distance.
	WO1	WO2	WO3	WO3			GR		after WO1,3 do 4 x 100m BU
3	1	2.5	2	2.5			3	11	WO1= make this an easy effort prior to meet - followed by 3-4x100m BU
	WO1	CCM1	WO2	WO3			GR		CCM1= First CC Meet - do 25-50% of DFLEX-DR to keep kids fresh - less if heat is excessive
4	1.5	2.25	2.5	3			3.5	12.75	WO1= make this an easy effort prior to meet - followed by 3-4x100m BU
	WO1	CCM1	WO2	WO3			GR		CCM1= Second CC Meet - do 25-50% of DFLEX-DR to keep kids fresh - less if heat is excessive
5	2	2.25	2.5	3			4	13.75	WO1= make this an easy effort prior to meet - followed by 3-4x100m BU
	WO1	CCM1	WO2	WO3			GR		CCM1= third CC Meet - do 25-50% of DFLEX-DR to keep kids fresh - less if heat is excessive
6	2	2.5	3	3			4.5	15	WO1= make this an easy effort prior to meet - followed by 3-4x100m BU
	WO1	CCM1	WO2	WO3			GR		CCM1= fourth CC Meet - do 50% of DFLEX-DR to keep kids fresh
7	2.5	3	2.5	4			5	17	WO1= make this an easy effort prior to meet - followed by 3-4x100m BU
	WO1	CCM1	WO2	WO3			GR		CCM1= fifth CC Meet - do 50% of DFLEX-DR to keep kids fresh
8	2.5	3	3	4			4.5	17	WO1= make this an easy effort prior to meet - followed by 3-4x100m BU
	WO1	CCM1	WO2	WO3			GR		CCM1= Championship CC Meet - do 50% of DFLEX-DR to keep kids fresh

Abbreviations

WO = Workout
 DFLEX / DR - Dynamic Flexibility - Drills
 CCM = Cross Country Meet
 GR = Optional Group Run

Session Notes

- 1. For middle school runners who will be running 2 miles cross country 4-5 sessions during the week (including the CC meet) as well as an optional Sunday group run is more than enough
- 2. There are no set days you should or should not practice - this highly depends on your individual location and set-up > the schedule above uses M-T-W- TH - Sun
- 3. the totals for workouts would represent your best conditioned runners - scale back in 25 / 50 / 75 % increments for those less conditioned.
- 5. Out and Backs (Challenge Runs) - great way to motivate the kids > start as a group, as kids tire have them stop stand @ location and wait for the group to pick them up on return. Continue to drop groups till last runner is left.
- 6. Remember all workouts can be done in walk jogs if kids are unable to run continuously then have them run comfortably of as long as they can then walk -- but continue moving.

Weblinks



DFLEX-DR Sheet
 DFLEX-DR Video

<http://knoxvilleyouthathletics.org/images/stories/documents/KYADflex12.pdf>
http://www.youtube.com/watch?v=hAvkA66ZB7A&feature=player_embedded

Core Stability

<http://knoxvilleyouthathletics.org/images/stories/documents/KYACore%20StabilityandUpperTrunkExercises.pdf>