

Training Schedule for Lighthouse Cross-Country

Welcome to our fifth season of cross-country at Lighthouse Christian Academy. Cross-country is offered to all students from grades 4-12. Elementary and middle school students generally run a race distance of 1.9 miles while high school runners race a 3.1 mile course. Cross-country is a sport that requires commitment, endurance, and a willingness to train beyond the few months of the actual season. It is not a sport for everyone and parents who place too much pressure on their children to train and compete could possibly drive them away from running. Having said this, I want to stress that I have been running since I graduated from college in 1975, and I am never as happy as when I can get out with fellow runners and run for five and six miles. It has been my privilege over the last twenty some years to see many of my students grow to love running and enjoy the healthy benefits into their adult years.

Beginning runners especially younger than eighth grade need a base of general fitness before they ever begin undertaking training specialized for racing. All beginners should focus on establishing a solid base of endurance, flexibility, and strength. The following workout schedule should be followed diligently with the knowledge that you never progress to higher levels of training without following through on the earlier week's schedule. Injuries in young runners happen most frequently when they try to rush their training. It would also be helpful to find friends that you can train with and feel free to contact me over the summer when you have questions or concerns about your training.

Training for your first race- "Start slowly to finish fast"

Weeks 1 and 2 (7 miles each week)

Sunday: 1-2 mile jog at a steady pace

Monday: rest

Tuesday: 1-2 mile jog (You should be at a pace that you could talk with a friend)

Wednesday: 20 minutes of light walking

Thursday 2 miles jogging and walking equally mixed

Friday: 1 mile jog

Saturday: some light walking

Weeks 3 and 4 (9miles each week)

Sunday: 2-3-mile run, steady pace

Monday: rest

Tuesday: 2 miles, jogging and walking

Wednesday 1-mile jog

Thursday: 2 miles steady

Friday: 1 mile jog

Saturday: 20 minutes light walking

Weeks 5 and 6 (12 miles each week)

Sunday: 3- 4- mile run at a steady pace

Monday: rest

Tuesday: 2 mile jog

Wednesday: 1-mile jog

Thursday: 3 miles walking and jogging

Friday: 2-mile jog

Saturday: some light walking and jogging for twenty minutes

Weeks 7 and 8 (15 miles each week)

Sunday: 4-mile run, steady pace

Monday rest

Tuesday: 3 miles, jogging and walking

Wednesday: 2-mile jog

Thursday: 3 miles, steady

Friday 2-mile jog

Saturday: 1-mile jog

Weeks 9 and 10 (20 miles each week)

Sunday- five-mile run, steady pace

Monday- 3 mile run/ 2x's 800 (3-4 minute pace)

Tuesday- 4 mile run relaxed

Wednesday-2 mile/ 2x's 800 (3-4 minute pace)

Thursday- Swim/Bike/Cross Train

Friday- Four mile run/ Race Pace

Saturday- Rest

Weeks 11 and 12 (30 miles each week)

Sunday- five mile run, steady pace

Monday-morning run 3 miles, steady pace/ second run evening 3 miles relaxed

Tuesday-morning run 3 miles, race pace/ cool down 2 miles relaxed jog

Wednesday- five mile run/2x's 800 (3-3:30 pace)/ 1 mile cool down

Thursday- Rest

Friday- morning run four miles/ evening run 3 miles

Saturday- Cross- train (biking, swimming, etc.)

Note to all runners- It is important to stretch before and after each run. Also make a habit of doing crunches and push-ups. Your core strength will make you a better racer this season. It is essential to train with running shoes that are in good condition. Training in old shoes can lead to serious leg injuries.

Coach Forgeng- 765-342-4686

