

Irish Cross Country: 12-week SUMMER training schedule for HS/MS beginners (read this whole document before starting)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|-----------------------------|-----------------------------------|-----------------------------|----------------------------|---|---------------|
| <i>On run/walk days, run for 15 seconds/walk for 45 seconds.</i> | | | | | | | |
| Week 1 | **MAF test 1mile walk/run Core A MWF | Walk 30 minutes | Run/walk 30 minutes Core A MWF | Walk 30 minutes | Rest Core A MWF | Run/walk 2 miles | Rest |
| <i>On run/walk days, run for 15 seconds/walk for 45 seconds.</i> | | | | | | | |
| Week 2 | Run/walk 30 minutes Core A MWF | Walk 30 minutes Core A-2 | Run/walk 30 minutes Core A MWF | Walk 30 minutes Core A-2 | Rest Core A MWF | Run/walk 2.5. miles Core A-2 | Rest |
| <i>On run/walk days, run for 20 seconds/walk for 40 seconds.</i> | | | | | | | |
| Week 3 | Run/walk 30 minutes Core A MWF | Walk 30 minutes Core A-2 | Run/walk 30 minutes Core A MWF | Walk 30 minutes Core A-2 | Rest Core A MWF | Run/walk 2 miles with Magic Mile* Core A-2 | Rest |
| <i>On run/walk days, Runners run for 20 seconds/walk for 40 seconds.</i> | | | | | | | |
| Week 4 | Run/walk 30 minutes Core A MWF | Walk 30 minutes Core A-2 | Run/walk 30 minutes Core A MWF | Walk 30 minutes Core A-2 | Rest Core A MWF | Run/walk 3 Miles Core A-2 | Rest |
| <i>On run/walk days, run for 25 seconds/walk for 35 seconds.</i> | | | | | | | |
| Week 5 | **MAF test 1mile run Core B-1 | Walk 30 minutes Core B-2 | Run/walk 30 minutes Core B-1 | Run 30 minutes Core B-2 | Rest Core B-1 | Run 2 miles Core B-2 | Rest |
| <i>On run/walk days, run for 25 seconds/walk for 35 seconds.</i> | | | | | | | |
| Week 6 | Run/walk 30 minutes Core B-1 | Walk 30 minutes Core B-2 | Run 30 minutes Core B-1 | Run 30 minutes Core B-2 | Rest Core B-1 | Run/walk 3.5 miles Core B-2 | Rest |
| <i>On run/walk days, run for 30 seconds/walk for 30 seconds.</i> | | | | | | | |
| Week 7 | Run/walk 30 minutes Core B-1 | Walk 30 minutes Core B-2 | Run 30 minutes Core B-1 | Run 30 minutes Core B-2 | Run 20 minutes Core B-1 | Run/Walk 4.0 miles Core B-2 | Rest |
| <i>On run/walk days, run for 35 seconds/walk for 25 seconds.</i> | | | | | | | |
| Week 8 | Run/walk 30 minutes Core B-1 | Walk 30 minutes Core B-2 | Run 30 minutes Core B-1 | Walk 30 minutes Core B-2 | Run 20 minutes Core B-1 | Run 2.0 miles Core B-2 | Rest |
| <i>On run/walk days, run for 45 seconds/walk for 15 seconds.</i> | | | | | | | |
| Week 9 | **MAF test1 mile run. Jog 2miles. Core C-1 | Walk 45 minutes Core C-2 | Run 30 minutes Core C-1 | Run 30 minutes Core C-2 | Rest Core C-1 | Run 4.0 miles Core C-2 | Rest |
| <i>On run/walk days, run for 45 seconds/walk for 15 seconds. Make sure HR is no higher than 165</i> | | | | | | | |
| Week 10 | Run 30 minutes Core C-1 | Walk 45 minutes Core C-2 | Run 45 minutes Core C-1 | Run 30 minutes Core C-2 | Run 45 minutes Core C-1 | Run 4.5 miles Core C-2 | Rest |
| <i>On run/walk days, run for 45 seconds/walk for 15 seconds.</i> | | | | | | | |
| Week 11 | Run 30 minutes Core C-1 | Walk 45 minutes Core C-3 | Run 45 minutes Core C-1 | Run 45 minutes Core C-3 | Run 45 minutes Core C-1 | Run 5.0 miles Core C-3 | Rest |
| <i>On run/walk days, run for 30 seconds/walk for 30 seconds.</i> | | | | | | | |
| Week 12 | Run 30 minutes Core C-1 | Walk 45 minutes Core C-3 | Run 45 minutes Core C-1 | Run 30 minutes Core C-3 | Rest Core C-1 | Run/Walk 3.0 miles Core C-3 | Rest |

****NOTE-MS runners cut this program in half.**

Congratulations! If you follow this 12 week plan you will have a really nice base to transition into regular season training and your hard work will pay off. You have ran roughly 150-175 miles this summer depending on walking/running pace.

****MAF Testing.** After BASE training we will typically do a 2 mile MAF test each month instead of a 1 mile run like we have been doing during base. MAF stands for Maximum Aerobic Fitness. This test is a tool to establish a baseline so we can see how you are progressing. To conduct the test you simply run a specified distance as fast as you can while staying within a target heart rate zone, in our case 165. In other words you go as fast as you can without letting your HR get above 165. When it starts getting to 160 or so you need to slow down or even walk to make sure it doesn't go over.

***The Magic Mile** is a training tool designed to help you find a realistic race pace. On the first Magic Mile, warm up as usual and then run or walk one mile slightly faster than your normal pace. Time your one-mile run/walk with a stopwatch. Run or walk easily the rest of the distance assigned for the day. On each successive Magic Mile, warm up as usual and then try to beat your previous one-mile run/walk time. Your 5K race pace should be one to two minutes per mile slower than your fastest Magic Mile time.

Sunday's rest or walk days should be the training day you use for other cross training endurance activities such as bicycling, swimming etc. If you feel great you should do some type of physical activity on the Sunday rest/walk days. Rest is an integral part of training and is planned. So, that means the Friday rest days really are rest. Chill, laze around and do nothing those days. If you have other things you have to do on those Friday rest days because of Dance, Soccer, Basketball or other sports make sure you take the Sunday off. You have to take ONE day a week totally off for your training to be most effective. If you have questions ask T.O.

Strength training is critical for all athletes. As runners we will do specific body weight training that will target core, hip girdle, and small flexor muscles that tend to get overlooked. A minimum of three times a week of strength training is needed for injury prevention. I would encourage everyone to engage in the TO's Lets Get Abs program as that will suffice for runners strength training when combined with the typical warm-up and cool-down we do.

Nutrition is a big deal. Not just for becoming the best runner you can be but to become the best person you can be. God blessed us each with ONE incredible vessel, we need to be the best stewards we can be. Maximizing long-term health should be a goal for all of us. Specific to athletics, nutrition is where we can really begin to shed body fat and be able to **see** the changes you have made with your hard work. The training methods I use here are specifically designed to begin to teach our bodies how to utilize fat for fuel instead of sugar. Even the thinnest person has adequate fat reserves to run hundreds of miles. . <https://philmaffetone.com/the-running-trifecta/>
So we want to begin to change the fat to muscle ratio and to do that we have to make some changes, at least for most of us. One of the first things would be to give up soda, chips, and limiting fast foods to once a week. Just doing that with your workouts will change most peoples body composition by dropping off 5%of your body fat. Then consider eating a big healthy breakfast, 4-5 small meals a day, decreasing or eliminating anything white, adding fresh organic vegetables and not eating after 7pm. Simple. You will feel better, notice increased brain function and also maximize the hard work you are putting in re-sculpting your body from the inside out. Consider joining the 30 day green smoothie challenge and ad the "Lets Get Abs" program to your week for strength training.