

## SUMMER CROSS COUNTRY TRAINING PROGRAM

Summer training is the key to success, not only in cross country next fall, but also your spring track season. The keys are to build yourself up, both physically and mentally. We at AT&F met with the folks at Saucony to help promote this program. Here's what we're going to do: We'll provide you 12 weeks of summer and fall training, taking you through the first month of your season in this training program. We'll also provide you with fine-tuning suggestions each and every week on [www.atf-athlete.com](http://www.atf-athlete.com), starting the week of July 1, 2008. We're publishing this piece in *American Track & Field, Athletes Only*, and *California Track & Running News*.

After your track season, you need to take a couple weeks' break. The break can be a complete departure from running and your regular schedule. If you want to run, then no more than four runs a week of about 40 minutes. Your body and spirit need a break. Pick some books you want to read this summer. Pick the movies you've not yet seen. Do some summer vegging. Remember, your summer training program is to build you up and prepare your body and spirit to handle the hard racing and training that come in the fall. This can only happen if you allow your body to rest, and find outlets from the training regimen.

### Before you begin your training ...

1. Make sure you have two pair of good training shoes. We suggest that most training shoes can last about 12–16 weeks with your level of training. Take your time when you go to your local running store to purchase training shoes and remember to go at the end of the day (your feet swell during the day). Bring a clean pair of socks and be prepared to check five to seven pair of shoes to find the right shoe for you. Also check socks, shorts and tops (although you probably have enough t-shirts to keep you going for months!).
2. Make sure you're hydrating yourself. Eight to 10 glasses of water a day PLUS sports drinks and juice are a good start. Drink coffee, tea and carbonated soda sparingly.
3. You have to fuel the engine. To do that, you have to get the proper amount and proper types of food into your system. Fruits, vegetables, whole grains, pasta, modest amounts of fish, chicken and beef make sense. For snacks, try an apple and peanut butter. Nuts are good, pizza, tacos and the trip to fast food places are fine, as long as you're not doing it every day!
4. Sleep—yes, sleep is important. I know that at 17 or 18 you can text all night or check out the newest game on Xbox, but it'll affect your training. Get 8–10 hours of sleep and, if you can, try a nap (yes) a few afternoons.
5. Get your training group down. Some people like to train by themselves, but find help with the hard days or long days. Find what works for you and your training style.
6. Inspiration. Find some good books (*Once a Runner*, *The Irishmen Who Ran for Britain*, *The Lonely Breed*, *A Cold, Clear Day*, *Self-made Olympian*) that can inspire you. Find music that inspires you (Outkast, Disturbed, Hurt, Counting Crows, Led Zeppelin, ACDC).
7. Goals. Do you want to make the top 7? Do you want to improve your times at your league and section meets? Do you want to race better over the second half of the course? Think about these things now, write them on a postcard and prop them in your room where you can read them each day.

### Week 1: Summer training begins ...

**Goals:** In this week, we'll get you on the road to a good summer of training. We'll run a long run, a tempo run and some moderately paced runs each week. Don't worry about pace the first 2 weeks, just get out there, have some fun and get in

the habit. Workouts always start with warmup—some gentle stretching major muscle groups, light jogging. Please do the same for cooldown.

**Monday, Wednesday, Friday:** 35–40 minutes easy running, warm up, cool down. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5 kilometer. So if you can run 19 minutes for 5K now, that means a 6:10 pace plus 30 seconds, or a 6:40 per-mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 2 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. **Saturday:** Off, walk, bike, see *The Hulk*. **Sunday:** Long, easy run, 45 minutes, easy, easy, on grass or dirt.

**One thought.** Make sure that you run on a variety of surfaces—dirt, grassy fields, sand, road, track. It's good for the feet, and lets you use your feet in a healthy manner.

### Week 2: Getting the habit started ...

**Monday, Wednesday, Friday:** 40 minutes easy running, warm up, cool down. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5 kilometer. So if you can run 19 minutes for 5K now, that means a 6:10 pace plus 30 seconds, or a 6:40 per-mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 2 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. **Saturday:** Off, walk, bike, see a movie. **Sunday:** Long, easy run, 50 minutes, easy, easy, on grass or dirt.

**Thoughts:** You'll be a little sore this week, as your body adjusts. Drink your liquids, sleep, eat well and hang out with your friends.

### Week 3: Training gets rolling ...

**Goals:** We'll begin running 6 days a week and the 7 days a week can begin for juniors, seniors. For college athletes, add a second run 3 times a week, of



Victah Sailer/PhotoRun.net

35–40 minutes of easy running on Monday, Wednesday and Friday. **Monday, Wednesday, Friday:** 40–45 minutes easy running, warm up, cool down. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for 5K, if you can run 19 minutes for 5K now, that means a 6:10 pace plus 30 seconds, or a 6:40 per mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 5 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. **Saturday:** Easy 30-minute run or a walk. **Sunday:** Long, easy run, 50–55 minutes, easy, on grass or dirt, hang with friends.

### Week 4: The training gets tough ...

Week 4 you should be running at a better pace than your start and noting that your tempo runs are more fun. You're getting into a groove. Do the tempo runs and hill runs with teammates, the hard workouts are easier this way.

**Monday, Wednesday, Friday:** 40–45 minutes easy running, warm up, cool down. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for 5K. So if you can run 19 minutes for 5K now, that means a 6:10 pace plus 30 seconds, or a 6:40 per-mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 5 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. **Saturday:** Find an all-comers meet, and run a 2 mile or 5K. Warm up, run strong and then cool down. **Sunday:** Long, easy run, 50–55 minutes, easy, easy, on grass or dirt with friends.

### Week 5: Getting on track ...

Week 5: We're getting on track. Make sure you stay focused on the goals. You're starting to get fit, you run faster, you feel fitter. Stay focused on the goal.

**Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150 yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5K. So if you can run 19 minutes for 5K now, that means a 6:10 pace plus 30 seconds, or a 6:40 per mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 5 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. **Saturday:** Easy 30-minute run or a walk. **Sunday:** Long, easy run, 55–60 minutes, easy, easy, on grass or dirt with friends.

### Week 6: Midway through the summer ...

**Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150 yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5K. So if you can

run 18:50 for 5K now, that means a 6:05 pace plus 30 seconds, or a 6:35 per mile pace. Warmup, cooldown. **Thursday:** Warmup, 1 mile, hill repeat, 5 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cool down. At bottom of hill, try 8 times 150 yards, jogging back to the start. Keep the strideouts relaxed. **Saturday:** Easy 30 minutes or find a hilly 4-mile race. **Sunday:** Long, easy run, 60–65 minutes, easy, easy, on grass or dirt with friends.

This is a tough week. Check your shoes and make sure they aren't too worn down. Now would be a good time to get some racing shoes for the fall and use them for tempo runs.

### Week 7: Getting in the groove ...

**Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150 yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5K. So if you can run 18:50 for 5K now, that means a 6:05 pace plus 30 seconds, or a 6:35 per-mile pace. Warm up, cool down. **Thursday:** Warm up, 1 mile, hill repeat, seven repeats, 200 yards, up hill, 200 yards, jog downhill, 1 mile easy, cool down. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. **Saturday:** Easy 30-minute run or a walk. **Sunday:** Long easy run, 55–60 minutes, easy, easy, on grass or dirt with friends.

### Week 8: Here comes the cross country season ...

**High schoolers:** You'll start school within a couple of weeks, college runners have a month to go. Juniors and seniors can handle the 2 or 3 easy morning runs, and college runners, depending on their standards, should be able to handle 3 morning runs a week. **Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150 yards strideouts, relax, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at half-minute per mile slower than your present mile pace for a 5K. So if you can run 18:30 for 5K now, that means a 6:00 pace plus 30 seconds, or a 6:30 per mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 7 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cool down. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. **Saturday:** Easy 30-minute run or a walk. **Sunday:** Long, easy run, 60–65 minutes, easy, easy, on grass or dirt with friends.

### Week 9: Early racing begins ...

Your first real race will be a revelation. You should be able to handle the distance, but perhaps your pace will be slower. You'll recover fast, so you should know that in 3 to 5 races, you'll be racing fit. **Monday, Wednesday, Friday:** 45–50 minutes easy running, warmup, cooldown, 8 times 150-yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5K. So if you can run 18:30 for 5K now, that means a 6:00 pace plus 30 seconds, or a 6:30 per mile pace.



“It is necessary  
to dig deep within  
oneself to discover  
that hidden grain of  
steel ... called will.”

- Ryan Shay  
1979 - 2007



Introducing the Shay XC inspired by  
Ryan's will, grit, and determination.

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Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 8 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. At bottom of hill, try 8 times 150-yards strideouts, jog back to the start. Keep the strideouts relaxed. **Saturday:** Easy warmup, 5K race for high school, 4 miles for college. **Sunday:** Long, easy run, 65–70 minutes, easy, easy, on grass or dirt with friends.

### Week 10: Early season ...

High school starts quickly with a couple of races a week, so use those early races to get into shape; continue to build speed. **Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150-yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes. Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5K. So if you can run 18:30 for 5K now, that means a 6:00 pace plus 30 seconds, or a 6:30 per mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 8 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cooldown. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. Or, if a race happens on Thursday and Saturday, finish up with the 10 times 150

yards and cool down. **Saturday:** Easy 30-minute run, or a race of 5K for high schools, 8K for college. **Sunday:** Long, easy run, 65–70 minutes, easy, easy, on grass or dirt with friends.

### Week 11: Early season ...

**Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150 yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at half-minute per mile slower than your present mile pace for a 5K. So if you can run 18 minutes for 5K now, that means a 5:50 pace plus 30 seconds, or a 6:20 per mile pace. Warm up, cool down. **Thursday:** Warm up, 1 mile, hill repeat, 8 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cool down. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. Or, if a race happens on Thursday and Saturday, finish up with the 10 times 150 yards and cooldown. **Saturday:** Easy 30 minute run, or race of 5K for high schools, 8K for college. **Sunday:** Long, easy run, 65–70 minutes, easy, easy, on grass or dirt with friends.

### Week 12: You've arrived!

By this week, most of you will have raced once or twice, and will be getting into the racing groove. If you're doing early a.m. runs and need to cut one out, do it. If you're feeling good but not sure about your leg speed, try this change we'll suggest for Thursday and do this for the next 3–4 weeks. **Monday, Wednesday, Friday:** 45–50 minutes easy running, warm up, cool down, 8 times 150-yard strideouts, easy on the grass. **Tuesday:** 1 mile warmup, tempo run, 1 mile cooldown. Here's how the workout goes: Run 20 minutes at a half-minute per mile slower than your present mile pace for a 5K. So if you can run 18 minutes for 5K now, that means a 5:50 pace plus 30 seconds, or a 6:20 per mile pace. Warm up, cool down. **Thursday:** Warmup, 1 mile, hill repeat, 8 repeats, 200 yards, uphill, 200 yards, jog downhill, 1 mile easy, cool down. At bottom of hill, try 8 times 150 yards, jog back to the start. Keep the strideouts relaxed. If a race happens on Thursday and Saturday, finish up with the 10 times 150 yards and cooldown. Or, if you need some speed work, try the warmup, and 6 times 800 meters in your race pace for mile split in 5K. So if you can run 18 minutes for 5K, your half pace would be 2:45 for 800 meters. **Saturday:** Easy 30-minute run, or race of 5K for high schools, 8K for college. **Sunday:** Long, easy run, 65–70 minutes, easy, easy, on grass or dirt with friends.

**Ryan Shay** is the athlete pictured throughout the training program. Ryan Shay was sponsored by Saucony, and he took that sponsorship seriously. Ryan pushed the designers and product folks at Saucony, not just to make better shoes, but the best shoes. Ryan was an exceptional athlete. After his third race in cross country as a freshman, Ryan never lost another race as a high school cross country runner in Michigan. He won four Michigan cross country titles as a prep. In track, he won both the 1600 and the 3200 meters three times, from his sophomore year through his senior year. He also added the 800 meter title as a junior.

In college, Ryan won the first individual NCAA title ever at Notre Dame University, winning the 10,000 meters in 2001. As a professional, he won national titles on the roads, taking the half-marathon and marathon in 2003, through the marathon. He was injured in 2004, and finished 23rd in the Olympic Trials.

It was during the 2008 U.S. Olympic Trials that Ryan collapsed and died. His wife, Alicia, his friends at Saucony and the running community ask that we remember him as he lived: enjoying friends and family and challenging himself to get the most out of each and every moment.

In honor of his spirit and his fearless running, we present you with the 2008 Saucony Summer XC Training Program.



# SAUCONY [saw-kah-nee]

means once the gun goes off, you'll only see the back of my shoes.



Shay XC

**SAUCONY** [*saw-kah-nee*]

means something comes between  
me and the road, not me and the run.



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