

## 2026 Lassiter Cross Country Summer Training Guide

### One Workout at a Time. One Day at a Time.

This document sets out a summer training schedule for anyone interested in being a part of the Lassiter Cross Country team this fall. I have created four different plans in the pages that follow. It is vital that you challenge yourself as a runner if you are to get better. At the same time, it is always better to under train than to over train. Here are some guidelines for general groups of athletes and which plan I would recommend:

**450-500 Mile Plan:** Returning varsity runners who are rising 11<sup>th</sup> or 12<sup>th</sup> graders, ran at least 400 miles last summer, and have been injury free for at least 6 months. Speak with a coach first about this.

**400-450 Mile Plan:** Returning runners who ran track in the spring, at least 300 miles last year, and are injury free.

**300 Mile Plan:** This is the most common plan. If you have been running already, are a rising 9<sup>th</sup> or 10<sup>th</sup> grader, and are in decent running shape already. This plan is for you. It is the most popular plan to follow.

**Never Run Before:** This is for anyone who has not run before or hasn't run in a long time.

There are definitely people out there who don't fit into any of these groups. If that's you, speak with a coach and we will set something up for you to start with. After a month of steady training you will be ready to fit into one of the other plans. The key is to get started on May 7<sup>th</sup> and work consistently and you will be fine come August.

**All Miles Must Be Logged** on Final Surge to count towards summer training goals. Make an account at [www.finalsurge.com](http://www.finalsurge.com) Once you sign up for the team on the team website, I will send you an invite to join the team group on Final Surge to log your miles. If you keep track of miles through a smart watch or another app like Strava, you can link those to your final surge account to have them automatically transfer in.

**Goal Setting and Goal Achievement:** It is vital that you set goals for yourself to hold you accountable. We will talk about this as the summer gets going. I strongly recommend you talk with a coach about setting goals for yourself this summer. This needs to happen very soon. Set yourself a challenge. Then you need to work on it in small pieces. Trying to do the entire summer perfectly just isn't reasonable. Something will get messed up and you might think you are a total failure just because you didn't do one thing right. For this reason, it is important to achieve your goals one day at a time. Every night take just a moment to set a goal for your next

day that fits into your overall goal. That will give you something you can accomplish each day so you feel like you are moving forward. There is a great line that someone said about the accomplishment large goals. “How do you eat an elephant? One bite at a time.”

**Do the Mobility Work. It makes the rest so much easier.** It is vital that you prepare your body the right way before you run. I have created a YouTube Playlist ([link here](#)) that has some great, and short, videos on things you should be doing. Every day should start with a good dynamic warm up and 5-10 minutes of mobility work for injury prevention. This will get you muscles and joints in a good place to run effectively. You should rotate the mobility work to even out the stress on your body. Here is a good weekly rotation to follow. It is referencing the videos on the [YouTube playlist](#). You will need a massage stick ([link here](#)) and a lacrosse ball or two. I have bought a bunch of lacrosse balls for the team so you can use them. You need to do the proper warm and mobility work every day whether you are taking the day off or not from running. This only takes 10 minutes and will really help you feel better.

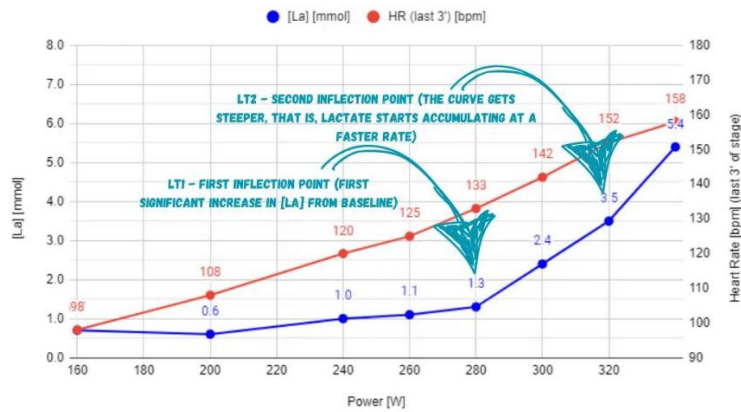
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lower Leg and Feet (videos 2 and 3)	Knees and Hips (videos 4 and 5)	Lower Leg and Hips (videos 2 and 5)	Feet and Knees (videos 3 and 4)	Lower Leg and Knees (videos 2 and 4)	Feet and Hips (videos 3 and 5)	Lower Leg and Knees (videos 2 and 4)

Once you decide which of the plans to follow, tear that page out and put it somewhere you will pay attention to it. Interestingly enough, the most important things you will do this summer don’t involve running. Getting enough sleep, eating the right kinds of food and making sure you are eating enough to keep you going, and following the strength plan will have a huge impact on your success as a runner. For this purpose, I created a “Grade for the Week” column on the training guide. You can fill out the lifestyle checklist for the week to give yourself a grade and keep up. It is important that you be honest about this as you move forward. It will help you reflect and see where you need to improve.

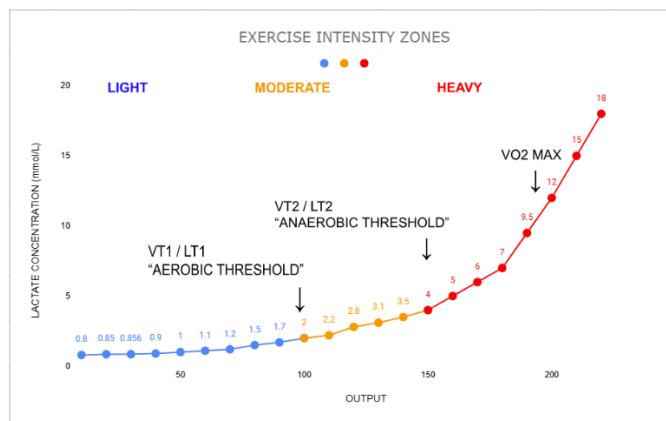
**The YouTube and Social media trap:** There are many influencers on various social media platforms who post the latest and greatest workout that will drop your 5k time this week. Or “The workout you need to do that will increase your VO2Max over the next month”. These videos and posts are created to draw clicks and drive the algorithm towards their channels and make them money. Some of the workouts they endorse are found in quality programs but are often taken out of context in a short form video. This is very counter productive and inevitably leads to injury. If you are interested in training theory I highly recommend following Stave Magness on Youtube. His channel is very informative and highly educational. All of his advice is good. Also, anything from Stephen Seiler is very good.

**Breath based intensity:** I have created a system that does not require an expensive watch to successfully train for endurance running. This follows numerous science-based articles and training programs. The essence of it is this. When your heart rate goes up during exercise your body needs more oxygen. Your body provides that by increasing the number of breaths you take. More breaths means more oxygen being delivered. Your body works in thresholds. That means that as your running pace gets faster it moves through zones. It is ok with a certain amount of effort and then it steps up a whole level to match the pace that you are running. If you go down the rabbit hole of science based endurance training you will run into lactate thresholds pretty quickly. This is the basic graph that is at the center of all endurance training over the last 75 years.

2023-12-16 Lactate Test Cycling (Seated), 6-min stages



Understanding that and using it in training is very complex, incredibly expensive, and involves a lot of finger pricking to test blood levels during a workout which is quite painful. Luckily, your breathing rate corresponds to these lactate thresholds very well and is easy to monitor. We call these increases in breathing rate ventilatory thresholds. The next graph shows how this happens. Most people run at similar numbers of steps per minute. Counting how many steps you take while breathing is easy.



**Don't worry** there will not be a quiz on any of this, and science lessons will not be a regular part of training. However, we will base our workouts on the following steps per breath as a way to gauge the intensity of what we are doing. The best way to find the right pace is by counting your steps per breath. The numbers below indicate how many steps you take while breathing in or out. 3/3 means it take three steps to breath in and three steps to breath out. Another good test is the talk test. I have included how each training pace corresponds to your ability to speak.

**Long Run/Recovery Pace:** 4/4, very easy 3/3, or even nose breathing. You should be able to carry on full conversations while running without gasping for breath. If you are running at this pace and were talking on the phone with someone, they might not know you are running.

**Easy Pace:** Easy 3/3. You should be able to talk with someone and get out a full sentence without needing to breath more.

**Sub Threshold Pace (STP):** The very top of 3/3 breathing rate. If you continued at this pace for a little longer you would need to breath more. This is the most important and common type of workout this summer that is not run at easy pace. It is the central principle of the Norwegian Singles Approach to endurance training that we will be following. Getting out full sentences will push you over the limit. Can say phrases of a few words though.

There are 3 kinds of workouts with this pace. Every workout at STP pace with 1 minute of VERY slow jogging or walking to recover. As the work intervals get longer the pace gets slower by about 10 seconds per mile. However, at no time in any STP workout should you need to breath more often than 3/3. Here is what I mean by that.

**STP1:** These work intervals are 2-3 minutes long. We will substitute a 400m distance sometimes for that. So a workout would look like 8-10x 3' on 1' off with a 10 minute warm up jog before and 10 minute cool down jog after. These are the fastest of these workouts.

**STP2:** Work intervals are 4-6 minutes long. Pace is 10 seconds per mile slower than STP1 so it will be easier to keep 3/3 breathing during the longer work time. Example would be 10' warmup jog, 5x5' on 1' off, 10' cool down.

**STP3:** Work intervals are 8-10 minutes long. Example would be 3x9' long plus warm up and cool down.

**10k Pace:** Starts out 3/3, later intervals become 2/2. No more than a few words can be spoken without making you start gasping.

**5k Pace:** 2/2 breathing happens very early in the workout. One word responses to questions.

**Mile Pace:** 1/1 Breathing gets out of control. Can't speak.

You must be incredibly honest with yourself when placing yourself on the pace chart. Also, this method is built upon repeatedly completing the workouts over a long period of time. Your goal needs to be to string together weeks and months of successfully completed workouts at the assigned paces. Going too fast on these workouts is easy to do, however that is not the point. Running at the appropriate pace to get the benefit without getting worn out so that you can string together several weeks of good training is the point. If you get to a place where it feels way too easy, consider moving up one pace level and seeing how that goes.

Once you have figured all of that out, form training groups of 3-4 with like-minded runners on the team. Chose people who share your goals. This will be your support group as we move through the summer. Check in with each other daily on the social media of your choice and help each other get the work done. If you are having a low motivation day, call someone in your group up to do the workout together. Give yourself a reward for doing the right thing on a tough mental day like a special treat. We will succeed in this as a team.

Okay, enough talk. Let's get to work.

## Defining Terms

**DWU: Dynamic Warm Up.** Every workout begins with a 5 minute jog and the Dynamic Warm Up exercises. For an explanation of what they are and the watch a video of Olympic marathoner Dathan Ritzenhein doing the warm up [follow this link](#).

**Mob= Mobility** Lower Leg ([Link](#)), Feet ([Link](#)), Knees ([Link](#)), Hips ([Link](#)) Follow the daily rotation in the table below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lower Leg and Feet (videos 2 and 3)	Knees and Hips (videos 4 and 5)	Lower Leg and Hips (videos 2 and 5)	Feet and Knees (videos 3 and 4)	Lower Leg and Knees (videos 2 and 4)	Feet and Hips (videos 3 and 5)	Lower Leg and Knees (videos 2 and 4)

**FAW: Foot and Ankle Workout.** This workout will build your lower legs and feet into a stronger base to move on top of. It is not too stressful and is a great warm up for a run. For a detailed description of the FAW [follow this link](#).

**Lucky 13:** This is a strength workout. [Follow this link](#).

**1-5-1, 1-8-1, 1-10-1:** Alternate push-ups, sit ups, and squats. Start with 1 of each, then 2, then 3, until you get to the top number. The come back down: 9 then 8 then 7, etc. It is very important to have perfect form on all boy weight exercises.

**3/1: i.e. 5-6 3/1.** Take the distance of the run and break into ¼'s. The first ¾'s are easy. The last ¼ you move up to medium/ tempo pace, which is comfortably fast. At the end of that you are switching to 3-2 or 2-2 breathing. You still shouldn't feel any "burn" though. Just good solid work.

**Strides, 200's, and 300's:** These are short fast efforts at the end of a run. Strides are 100m long and are broken into 1/3's. Accelerate for 1/3, middle 1/3 95% of top speed, final 1/3 slow down. 200's @ mile pace are run very fast but under control. 300's at 3200 pace are longer but a little slower. All of these need 3 minute breaks between them. The point is to go fast, not to wear you out.

**Fartlek:** Means "speed play" in Swedish. Start the run with 5 minutes easy running then do the work part i.e. 10x1 minute hard 1 minute easy. 123-321 is 1 hard, 1 easy, 2 hard, 2 easy, 3 hard, 3 easy, 3 hard, 3 easy, 2 hard, 2 easy, 1 hard, finish the run easy.

**Progressive:** Means get progressively faster. A 6 mile run ½ Easy ½ Progressive is 3 miles easy 3 miles steadily moving from easy pace to the last 5 minutes at 5k pace.

**Medium/ Tempo:** Faster than easy pace but just not fast enough to make muscles burn. At the end of a tempo run you should feel like you had 5 more minutes at that pace in you. Like you could keep going but are happy you don't have to.

## Summer Training High Mileage 450-500 Mile Goal

Intended for highly trained and injury free runners.

Do Not Start this Plan without speaking with Coach Freed first.

### Weeks 1-4

Week:	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
5/10	DWU, Mob,  Long 9-10, Stretch, Foam Roll	DWU, Mob  Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 3-4 Easy, 6 Strides Luck 13	DWU, Mob, FAW, 5-6, 6 Strides, 1-5-1	DWU, Mob, Long 7-8, Stretch, Foam Roll	DWU, Mob, FAW, 3-4 Easy, 6 Strides Luck 13	Off
5/17	DWU, Mob, Long 10-11, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 4-5 Easy, 6 Strides, Lucky 13	DWU, Mob, FAW, 5-6 Easy, 6 Strides, 1-5-1	DMU, Mob, Long 8-9, Stretch, Foam Roll	DWU, Mob, FAW, 4-5 Easy, 6 Strides, Lucky 13	Off
5/24	DWU, Mob, Long 10-11, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 10' Easy, 8x3'On 1' Off at STP1, 10' Easy Strides after	DWU, Mob, FAW, 6-7, 1-5-1	DMU, Mob, 10' Easy, 6x 4'on 1' off at STP2, 10' easy, strides after	DWU, Mob, Long 8-9, Stretch, Foam Roll	Off
5/31	DWU, Mob, Long 8-9, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 10' easy, 3x8'on 1' off at STP3, 10' easy, strides after	DWU, Mob, FAW, 5-6, 1-5-1	DMU, Mob, 10' Easy, 10x stadium sprint or 10 seconds hills with 3' breaks. 10' jog after.	DWU, Mob, Long 7-8, Stretch, Foam Roll	Off

## Summer Training 400-450 Mile Goal

Designed for those who ran both XC and Track in 2016-17

### Weeks 1-4

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/10	DMU, Mob, Long 6-7, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 3-4 Easy, 6 Strides Luck 13	DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1	DWU, Mob, Long 7-8, Stretch, Foam Roll	DMU, Mob, FAW, 3-4 Easy, 6 Strides 1-5-1	Off
5/17	DMU, Mob, Long 7-8, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 4-5 Easy, 6 Strides, Lucky 13	DMU, Mob, FAW, 5-6, 6 Strides 1-5-1	DMU, Mob, Long 8-9, Stretch, Foam Roll	DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1	Off
5/24	DMU, Mob, Long 7-8, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 10' Easy, 8x3'On 1' Off at STP1, 10' Easy Strides after	DMU, Mob, FAW, 5-6, 6 Strides 1-5-1	DMU, Mob, 10' Easy, 6x 4'on 1' off at STP2, 10' easy, strides after	DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1	Off
5/31	DMU, Mob, Long 6-7, Stretch, Foam Roll	DWU, Mob, Easy 3, Stretch, Foam Roll	DWU, Mob, FAW, 10' easy, 3x8'on 1' off at STP3, 10' easy, strides after	DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1	DMU, Mob, 10' Easy, 10x stadium sprint or 10 seconds hills with 3' breaks. 10' jog after.	DMU, Mob, FAW, 3-4 Easy, 6 Strides 1-5-1	Off

## Summer Training 300 Mile Goal

### New Runners with Running Experience

#### Weeks 1-4

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/10	DMU, Mob, Long 5, Stretch, Foam Roll	DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1	DMU, Mob, FAW, 3 Easy, 6 Strides Lucky 13	Off	DMU, Mob, FAW, Easy 5, Lucky 13	DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1	Off
5/17	DMU, Mob, Long 5, Stretch, Foam Roll	DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1	DMU, Mob, FAW, 3 Easy, 6 Strides Lucky 13	Off	DMU, Mob, FAW, Easy 5, Lucky 13	DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1	Off
5/24	DMU, Mob, Long 6, Stretch, Foam Roll	DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1	DWU, Mob, FAW, 7' Easy, 8x3'On 1' Off at STP1, 10' Easy Strides after	Off	DMU, Mob, FAW, Easy 5, Lucky 13	DMU, Mob, 10' Easy, 6x 4'on 1' off at STP2, 10' easy, strides after	Off
5/31	DMU, Mob, Long 5, Stretch, Foam Roll	DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1	DWU, Mob, FAW, 8' easy, 3x8'on 1' off at STP3, 10' easy, strides after	Off	DMU, Mob, FAW, Easy 5, Lucky 13	DMU, Mob, 10' Easy, 10x stadium sprint or 10 seconds hills with 3' breaks. 10' jog after.	Off

## Summer Training: Never Run Before

### Weeks 1-4

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/10	DMU, Mob, FAW, 5x 3min Run, 3 min Walk, Stretch, Foam Roll	Mob, Cross Train: 45 minutes Cardio	DMU, Mob, FAW, 5x 3min Run, 3 min Walk, Lucky 13 Stretch, Foam Roll	DMU, Mob, FAW, 5x 3min Run, 3 min Walk, 1-5-1	DMU, Mob, FAW, 5x 3min Run, 3 min Walk, Lucky 13	Mob, Cross Train: 45 minutes Cardio 1-5-1	Off
5/17	DMU, Mob, FAW, 5x 4min Run, 2 min Walk, GSW and HS	Mob, Cross Train: 45 minutes Cardio	DMU, Mob, FAW, 5x 4min Run, 2 min Walk, Lucky 13	DMU, FAW, 4x 6min Run, 2 min Walk, 1-5-1	DMU, FAW, 4x 6min Run, 2 min Walk, Lucky 13	Mob, Cross Train: 45 minutes Cardio 1-5-1	Off
5/24	DMU, Mob, FAW, 3x 8min Run, 2 min Walk, GSW and HS	Cross Train: Mob, 50 minutes Cardio	DMU, FAW, 3x 8min Run, 2 min Walk, Lucky 13	DMU, FAW, 4x 8min Run, 1 min Walk, 1-5-1	DMU, FAW, 4x 8min Run, 1 min Walk, Lucky 13	Cross Train: Mob, 50 minutes Cardio	Off
5/31	DMU, Mob, FAW, 3x 10min Run, 1 min Walk, GSW and HS	Cross Train: Mob, 50 minutes Cardio	DMU, FAW, 3x 10min Run, 1 min Walk, Lucky 13	DMU, FAW, 3 Miles Easy, 1-5-1	DMU, FAW, 4x 8min Run, 1 min Walk, Lucky 13	Cross Train: Mob, 50 minutes Cardio	Off