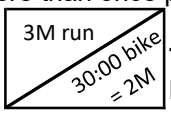
2025 LRHS Summer Training Log **Athlete Name:** _____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	Weekly Total	Keep a running total:
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

TOTAL SUMMER MILES:

Please total each week as you go AND keep a running total for the summer so you always know what your grand total is. Please send a pic of your training log to your coach each week.

If you work out more than once per day then split that day's square in half to record both.



This = a 5M day.
Make sure you note what the non-running miles are: 30:00 strength, 60:00 bike, etc.

Print more copies as needed.

2025 SUMMER CONDITIONING

Sample Training Schedule

LEVEL: 1st year on team **GOAL: 200 miles**

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTALS	
1	0	0	0	0	2	2	0	4	RUN
							rest	0	XTRAIN
2	2	2	0	2	1	2	0	9	RUN
			30:00 xtrain			30:00 xtrain	rest	4	XTRAIN
3	2	3	2	3	2	3	0	15	RUN
	30:00 xtrain		30:00 xtrain			30:00 xtrain	rest	6	XTRAIN
4	3	3	2	3	2	4	0	17	RUN
	30:00 xtrain		1 hr xtrain			1 hr xtrain	rest	10	XTRAIN
5	3	3	2	3	2	4	0	17	RUN
	30:00 xtrain		1 hr xtrain			1 hr xtrain	rest	10	XTRAIN
6	4	4	2	4	2	5	0	21	RUN
	30:00 xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	12	XTRAIN
7	4	4	2	4	3	5	0	22	RUN
	30:00 xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	12	XTRAIN
8	4	4	2	4	3	6	0	23	RUN
	30:00 xtrain	30:00 xtrain	1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
9	5	5	2	5	3	6	0	26	RUN
	30:00 xtrain	30:00 xtrain	1 hr xtrain	30:00 xtrain	30:00 xtrain	1 hr xtrain	rest	16	XTRAIN
10	5	5	2	5	3	6	0	26	RUN
	30:00 xtrain	30:00 xtrain	1 hr xtrain	30:00 xtrain	30:00 xtrain	1 hr xtrain	rest	16	XTRAIN

Monday, July 28, 2025 - first day of official XC practice

TOTAL RUN MILES:	180
TOTAL XTRAIN MILES:	100
TOTAL SUMMER MILES:	280

Once you get to longer miles, you can split it up and do some in the morning and some in the evening if you need to.

XTRAIN =
1 hour of biking, elliptical, pool running = 4 miles of running or 30:00 = 2 miles
1 hour group fitness class = 4 miles of running or a 30:00 class = 2 miles
30:00 strength training or core work = 2 miles of running
You get the idea. Add NON-RUNNING cardio and strength at least 2x/week.
A maximum of 16 miles per week from cross training (XTRAIN) will count towards your mileage goal.

OTHER SPORTS:
Your other sports that you may do during the summer do not directly help your endurance for cross country.
If you are actively running a lot during these summer sports, you may count a 1 hour practice as 2 miles.
Instructional time and standing around time does not count.

2025 SUMMER CONDITIONING

Sample Training Schedule

LEVEL: 2nd year on team **GOAL: 300 miles**

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTALS	
1	0	0	0	3	2	4	0	9	RUN
							rest	0	XTRAIN
2	3	3	2	3	2	4	0	17	RUN
	30:00 xtrain		30:00 xtrain			30:00 xtrain	rest	6	XTRAIN
3	3	3	2	3	2	5	0	18	RUN
	30:00 xtrain		30:00 xtrain		30:00 xtrain	30:00 xtrain	rest	8	XTRAIN
4	3	4	3	4	3	5	0	22	RUN
	30:00 xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	12	XTRAIN
5	4	4	3	4	3	6	0	24	RUN
	1 hr xtrain		1 hr xtrain			1 hr xtrain	rest	12	XTRAIN
6	4	5	4	5	3	6	0	27	RUN
	1 hr xtrain		1 hr xtrain			1 hr xtrain	rest	12	XTRAIN
7	4	5	4	5	4	7	0	29	RUN
	1 hr xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
8	5	6	5	6	4	7	0	33	RUN
	1 hr xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
9	5	6	5	6	4	8	0	34	RUN
	1 hr xtrain	30:00 xtrain	1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	16	XTRAIN
10	5	7	6	7	5	8	0	38	RUN
	1 hr xtrain	30:00 xtrain	1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	16	XTRAIN

Monday, July 28, 2025 - first day of official XC practice

TOTAL RUN MILES:	251
TOTAL XTRAIN MILES:	110
TOTAL SUMMER MILES:	361

Once you get to longer miles, you can split it up and do some in the morning and some in the evening if you need to.

XTRAIN =

1 hour of biking, elliptical, pool running = 4 miles of running or 30:00 = 2 miles
1 hour group fitness class = 4 miles of running or a 30:00 class = 2 miles
30:00 strength training or core work = 2 miles of running
You get the idea. Add NON-RUNNING cardio and strength at least 2x/week.
A maximum of 16 miles per week from cross training (XTRAIN) will count towards your mileage goal.

OTHER SPORTS:

Your other sports that you may do during the summer do not directly help your endurance for cross country.
If you are actively running a lot during these summer sports, you may count a 1 hour practice as 2 miles.
Instructional time and standing around time does not count.

2025 SUMMER CONDITIONING

Sample Training Schedule

LEVEL: 3rd year on team **GOAL: 400 miles**

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTALS	
1	0	0	0	3	2	4	0	9	RUN
							rest	0	XTRAIN
2	3	4	3	4	3	5	0	22	RUN
	30:00 xtrain		30:00 xtrain			30:00 xtrain	rest	6	XTRAIN
3	4	5	4	4	3	6	0	26	RUN
	30:00 xtrain		30:00 xtrain			1 hr xtrain	rest	8	XTRAIN
4	5	5	4	5	4	5	0	28	RUN
	30:00 xtrain		1 hr xtrain			1 hr xtrain	rest	10	XTRAIN
5	5	6	4	5	5	7	0	32	RUN
	1 hr xtrain		1 hr xtrain			1 hr xtrain	rest	12	XTRAIN
6	5	6	5	6	5	8	0	35	RUN
	1 hr xtrain		1 hr xtrain			1 hr xtrain	rest	12	XTRAIN
7	6	7	5	6	5	9	0	38	RUN
	1 hr xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
8	6	7	6	7	6	7	0	39	RUN
	1 hr xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
9	7	8	6	7	6	10	0	44	RUN
	1 hr xtrain	30:00 xtrain	1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	16	XTRAIN
10	7	8	7	8	6	11	0	47	RUN
	1 hr xtrain	30:00 xtrain	1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	16	XTRAIN

Monday, July 28, 2025 - first day of official XC practice

TOTAL RUN MILES:	320
TOTAL XTRAIN MILES:	108
TOTAL SUMMER MILES:	428

Once you get to longer miles, you can split it up and do some in the morning and some in the evening if you need to.

XTRAIN =

1 hour of biking, elliptical, pool running = 4 miles of running or 30:00 = 2 miles
1 hour group fitness class = 4 miles of running or a 30:00 class = 2 miles
30:00 strength training or core work = 2 miles of running
You get the idea. Add NON-RUNNING cardio and strength at least 2x/week.
A maximum of 16 miles per week from cross training (XTRAIN) will count towards your mileage goal.

OTHER SPORTS:

Your other sports that you may do during the summer do not directly help your endurance for cross country.
If you are actively running a lot during these summer sports, you may count a 1 hour practice as 2 miles.
Instructional time and standing around time does not count.

2025 SUMMER CONDITIONING

Sample Training Schedule

LEVEL: 4th year on team **GOAL: 500 miles**

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTALS	
1	3	0	3	4	3	4	0	17	RUN
							rest	0	XTRAIN
2	4	5	4	5	3	6	0	27	RUN
	30:00 xtrain		30:00 xtrain			1 hr xtrain	rest	8	XTRAIN
3	5	6	4	5	4	7	0	31	RUN
	30:00 xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	12	XTRAIN
4	5	6	5	6	5	8	0	35	RUN
	1 hr xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
5	6	7	6	6	5	9	0	39	RUN
	1 hr xtrain		1 hr xtrain		30:00 xtrain	1 hr xtrain	rest	14	XTRAIN
6	6	8	6	7	6	7	0	40	RUN
	1 hr xtrain		1 hr xtrain		1 hr xtrain	1 hr xtrain	rest	16	XTRAIN
7	7	9	7	7	6	10	0	46	RUN
	1 hr xtrain		1 hr xtrain		1 hr xtrain	1 hr xtrain	rest	16	XTRAIN
8	8	9	7	8	7	10	0	49	RUN
	1 hr xtrain		1 hr xtrain		1 hr xtrain	1 hr xtrain	rest	16	XTRAIN
9	8	9	8	8	7	11	0	51	RUN
	1 hr xtrain		1 hr xtrain		1 hr xtrain	1 hr xtrain	rest	16	XTRAIN
10	8	9	8	9	7	12	0	53	RUN
	1 hr xtrain		1 hr xtrain		1 hr xtrain	1 hr xtrain	rest	16	XTRAIN

Monday, July 28, 2025 - first day of official XC practice

TOTAL RUN MILES:	388
TOTAL XTRAIN MILES:	128
TOTAL SUMMER MILES:	516

Once you get to longer miles, you can split it up and do some in the morning and some in the evening if you need to.

XTRAIN =
1 hour of biking, elliptical, pool running = 4 miles of running or 30:00 = 2 miles
1 hour group fitness class = 4 miles of running or a 30:00 class = 2 miles
30:00 strength training or core work = 2 miles of running
You get the idea. Add NON-RUNNING cardio and strength at least 2x/week.
A maximum of 16 miles per week from cross training (XTRAIN) will count towards your mileage goal.

OTHER SPORTS:
Your other sports that you may do during the summer do not directly help your endurance for cross country.
If you are actively running a lot during these summer sports, you may count a 1 hour practice as 2 miles.
Instructional time and standing around time does not count.

500 MILES:
This is a challenging goal to meet over 10 weeks. You may skip the Sunday rest day every other week.
But you should have one complete rest day every 10-14 days.
You may add a second run of 2-3 miles once in a while but please do not do twice a day runs all the time.
Recovery - foam rolling, massage, stretching, epsom salt baths, etc. are going to be very important.
Sleep - this will be critical for your body to adapt to the training and get stronger rather than just break down if you are not getting enough sleep.