

**SALISBURY UNIVERSITY  
CROSS COUNTRY**

**2011**

**THE ROAD TO SUCCESS IS NEVER FINISHED!**

**Capital Athletic Conference Championships**

**Men**

**1997, 2000, 2002, 2003, 2005, 2006, 2007, 2008, 2010**

**Women**

**1996, 2004, 2005, 2006, 2008, 2009, 2010**

## Summer Work Schedule

### Overview

The emphasis is upon building up to high mileage at a good pace. This is to build your base for the entire season. It is very important that you put in as many miles as possible between now and our first practice. We have a very good group of upperclassmen and some outstanding freshmen. We have high goals for this season, but you must do the work over the summer! Supplement your running with biking, swimming, lifting, stretching, pushups, core workouts, etc. Adopt an active lifestyle. Depending on your running maturity, you should have 500-800 miles by the start of school. These should be effective miles. With these voluntary workouts run with a focus on team and individual goals! We have broken down the summer into three phases of workouts. Try to stay in touch to your progress. You can call me at (410) 543-6337 or e-mail [jjones@salisbury.edu](mailto:jjones@salisbury.edu). You must start preparation NOW for our goals! Everybody must do their part and know their role! I'm looking forward to another great season!

**Supplement** Every day...pushups (40+), core workout (60+ seconds) and stretching for at least 10 minutes.  
Whenever...bike, swim and lift weights

**Specifics** Run as much as possible on softer surfaces such as grass or dirt. The following terms will be used to help explain workouts. **HIT THESE PACES PER MILE:**

Easy	7:00 - 7:20 minutes per mile pace
Moderate	6:40 - 7:00 minutes per mile pace
Brisk	6:20 - 6:40 minutes per mile pace
Hard	6:00 - 6:20 minutes per mile pace

**Longest Run** This is simply the longest run for the week. The schedule gradually increases your longest run to boost your endurance safely. **You must do this every week!**

**Basic Speed (BS)** These are short accelerations up to full speed often called striders. BS sessions are included to help you maintain your speed during this time (Daniels, 1998).

**Lactate Threshold (LT)** These workouts are designed to increase your lactate threshold. This gives you the ability to sustain a faster pace without getting fatigued. LT pace is approximately at or a little faster than your 5km race pace (Daniels, 1998).

**Remember as you begin your training:**

**“The difference between a successful person and others is not the lack of strength, nor the lack of knowledge but rather the lack of will.”  
Vince Lombardi**

**Salisbury University Cross Country**

**Phase 1**

<p><b>Week 1</b> <b>“Start Week”</b>  (15 – 22 miles)</p>	<p>2 – 3 miles Easy</p>	<p>2 – 3 miles Easy</p>	<p>3 – 4 miles Easy</p>	<p>2 – 3 miles Easy</p>	<p>2 – 3 miles Easy</p>	<p>4 – 6+ miles ( Long Run) Easy</p>	<p>OFF  (You must take one day off this week)</p>
<p><b>Week 2</b> <b>“Break Out Week”</b>  (30 – 45 miles)</p>	<p>4 – 6 miles Brisk</p>	<p>4 – 6 miles Easy</p>	<p>4 – 6 miles Moderate</p>	<p>4 – 6 miles Easy</p>	<p>4 – 6 miles Easy</p>	<p>6 – 9+ miles (Long Run) Easy</p>	<p>4 – 6 miles Easy</p>
<p><b>Week 3</b> <b>“Basic Speed (BS) Week”</b>  (32 – 48 miles)</p>	<p>Warm up &amp; Cool down – 2 miles 16 x 100 meters build up / striders [Start slow and increase speed] (100 jog between each)</p>	<p>5 – 8 miles Easy</p>	<p>5 – 8 miles Moderate</p>	<p>5 – 8 miles Easy</p>			
	<p><b>Hard work now pays off later. YOU MUST WORKOUT AS MUCH AS YOU CAN! Come back in good shape.</b></p>	<p><b>I believe in all of you, and trust you will honor your responsibility.</b></p>	<p><b>Have a strong and determined mind to succeed and you will soar beyond your beliefs.</b></p>		<p><b>Core Workouts:</b> V Sit Superman Plank</p>		

**“PAY THE PRICE, EVERYDAY!”**

## **Suggestion of Phase 2:**

Try a road race once during this phase of training to see how your progression is going. Only do one a month!

## **Salisbury University Cross Country**

### **Phase 2**

<b>Week 4</b> (Continued)  <b>“Basic Speed (BS) Week”</b>  (32 – 48 miles)					5 – 6 miles  Moderate	6 – 10+ miles  (Long Run)  Easy	OFF  (You must take one day off this week)
<b>Week 5</b>  <b>“Lactate Threshold (LT) Week”</b>  (39 – 54 miles)	Warm up & Cool down – 2 miles  3 x 1mile (2 minutes rest between each)	5 – 8 miles  Easy	5 – 8 miles  Easy	5 – 7 miles  Brisk	5 – 7 miles  Easy	7 – 10+ miles  (Long Run)  Easy	5 – 7 miles  Easy
<b>Week 6</b>  <b>“40 PLUS Mile Week”</b>  (43 – 62 miles)	6 – 8 miles  Hard	6 – 9 miles  Easy	6 – 8 miles  Moderate	6 – 9 miles  Easy	6 – 8 miles  Moderate	8 – 12+ miles  (Long Run)  Easy	5 – 8 miles  Easy
<b>Week 7</b>  <b>“Screening Week”</b>  (47 – 62 miles)	7 – 9 miles  Moderate	7 – 9 miles  Easy	7 – 8 miles  Moderate	7 – 9 miles  Easy	6 – 8 miles  Easy	8 – 12+ miles  (Long Run)  Easy	5 – 7 miles  Easy
<b>Week 8</b>  <b>“Basic Speed (BS) II Week”</b>  (46 – 62 miles)	Warm up & Cool down – 2 miles  16 x 100 meters build up / striders [Start slow and increase speed] (100 jog between each)	7 – 9 miles  Easy	6 – 8 miles  Brisk	7 – 9 miles  Easy	6 – 8 miles  Moderate	6 – 12+ miles  (Long Run)  Easy	6 – 14 miles  (Before or after screenings / physicals)  Easy

**“PAY THE PRICE, EVERYDAY!”**

### **Suggestion of Phase 3:**

**When trying to increase your mileage try to do two runs per day...one in the morning and one in the afternoon.  
ie. 12 miles (4 miles the morning / 8 miles in the afternoon)**

### **Salisbury University Cross Country**

#### **Phase 3**

<b>Week 9</b>  “Jeremy Wariner 400’s”  (43 – 58 miles)	Warm up & Cool down – 2 miles  8 x 400 meters (200 jog between each)	7 – 10 miles  Easy	7 – 9 miles  Moderate	7 – 10 miles  Easy	7 – 9 miles  Moderate	9 – 14+ miles  (Long Run)  Easy	OFF  (You must take one day off this week)
<b>Week 10</b>  “Lactate Threshold (LT) II Week”  (50 – 72 miles)	Warm up & Cool down – 2 miles  4 x 1mile (2 minutes rest between each)	7 – 10 miles  Easy	7 – 10 miles  Moderate	7 – 10 miles  Easy	7 – 10 miles  Moderate	9 – 14+ miles  (Long Run)  Easy	5 – 10 miles  Easy
<b>Week 11</b>  “50 PLUS Mile Week”  (52 - 75 miles)	8 – 10 miles Moderate	7 – 10 miles  Easy	7 – 10 miles  Hard	7 – 10 miles  Easy	7 – 10 miles  Moderate	10 – 15+ miles (Long Run)  Easy	6 – 10 miles  Easy
<b>Week 12</b>  “Welcome Back Week”  (56 - 70 miles)	Warm up & Cool down – 2 miles  5 x 1mile (2 minutes rest between each)	8 – 10 miles  Easy	6 – 10 miles  (Before you arrive on campus)  Easy	10 – 14 miles (Long Run)  Easy	Warm up 2 miles  2 mile time trial  Cool Down 3 miles	10 miles  Moderate	6 – 10 miles  Easy

**“PAY THE PRICE, EVERYDAY!”**