NEC CROSS COUNTRY 2008 SUMMER TRAINING

	Monday	TUES.	WED.	THURSDAY	FRIDAY	SAT	SUN	TM
Wk1	Tempo:40 min	10 x 400	30 min easy	Fartlek: 40 min	40 min easy	Long: 60 min	Rest or 30 easy	
Wk2	Tempo: 45 min	5 x 1000	40 min easy	Fartlek: 40 min	50 min easy	Long: 65 min	Rest or 30 easy	
Wk3	Tempo: 60 min	6 x 600	40 min easy	Fartlek: 45 min	30 min easy	Long: 70 min	Rest or 30 easy	
WK4	Tempo: 40 min	10 x 400	30 min easy	Fartlek: 35 min	30 min easy	Long: 55 min	Rest or 30 easy	
Wk5	Tempo: 50 min	5 x 1000	45 min easy	Fartlek: 55 min	50 min easy	Long: 80 min	Rest or 30 easy	
Wk6	Tempo: 60 min	8 x 600	60 min easy	Fartlek: 40 min	50 min easy	Long: 60 min	Rest or 30 easy	
Wk7	Tempo: 55 min	10 x 400	50 min easy	Fartlek: 55 min	60 min easy	Long: 90 min	Rest or 30 easy	
Wk8	Tempo: 60 min	5 x 1000	30 min easy	Fartlek: 45 min	30 min easy	Long: 50 min	Rest or 30 easy	
Wk9	Tempo: 55 min	5 x1600	50 min easy	Fartlek: 65 min	30 min easy	Long: 90 min	Rest or 30 easy	
Wk10	Tempo: 65 min	10 x 400	70 min easy	Fartlek: 55 min	30 min easy	Long: 90 min	Rest or 30 easy	
Wk11	Tempo: 65 min	6 x 800	60 min easy	Fartlek: 55 min	30 min easy	Long: 90 min	Rest or 30 easy	
Wk12	Tempo: 65 min	10 x 400	40 min easy	Fartlek: 60 min	30 min easy	Long: 90 min	Rest or 30 easy	
Wk13	Tempo: 65 min	5 x 1000	60 min easy	Fartlek: 65 min	30 min easy	Long: 90 min	Rest or 30 easy	
Wk14	Tempo: 65 min	10x600	60 min easy	Fartlek: 65 min	30 min easy	Long: 90 min	Rest or 30 easy	

!!!!! M,W,F 5-10 Hill Sprints 100M 2 sets of 50 crunches & weights

!!!!! T,TH 5 Lunges, jump ropes, & Drills (2 Sets)
Drills: butt kicks, high knees, kicks, strides,bounds, & skips leg swings
Jump rope: 2 sets of 50 on each leg. Then 1 set of 100 with both

Weights

bench	squats	tries	leg curls	lat pull	leg ext
calf raise	jogger	push ups	shoulder pr	dorsi flex	