Happy July, BRC!

We hope that you are having a restful and fun summer! Since we're nearing cross country season, we thought we'd send out a few notes about summer training.

Summer Training Tips

Start slow

If you're just getting back into running– don't rush into it. Our first practice is still ten weeks away, and the first race is in twelve weeks. Start with easy runs 3-4 times per week and save the workouts for when your body is ready for them. Do not increase weekly mileage by more than 5-10 miles per week.

More than mileage

General strength, stretching, cross training, recovery, injury prevention, and other care methods are equally as important as running. Try to dedicate 15 minutes each day to core strengthening, flexibility exercises, and injury prevention.

But also, mileage

On top of the strengthening exercises, your training plan should include a weekly long run (20-25% of your weekly mileage). Throughout the summer, focus on increasing effort instead of distance for your long runs. One workout per week should be dedicated to tempos (runs between training pace and race pace) or hills (this can be a regular training run on a particularly hilly route, or a specific hill workout). All other runs can be steady training or easy recovery runs. [See our sample training plan here](). While mileage is important, do not overtrain! Remember that we are trying to peak for our regional meet (last weekend of October), not the first race of the season; there will be plenty of time to increase intensity and improve throughout the fall.

Don't get stale

While you should save the harder workouts for the season, that doesn't mean you have to get bored doing the same steady run every day. Keep things interesting by varying routes and terrain, distances, adding in strides or a game of frisbee, and mixing in light pickups and progressions to your runs when you feel good. If you feel good, you can even mix in a few interval workouts for a change of pace as long as you keep them easy and under control. Find other runners with similar goals to train with and keep yourself motivated. Try to run on grass, trails, or dirt roads to mimic cross country race terrain (this is especially important for workouts).

Stay cool & hydrated

Run safely! It can get hot out, so make sure to drink liquids before and after runs. If your schedule allows, try to run early in the morning or in the evening to avoid the heat of the day.

Additionally, wear sweat resistant sunblock if you're prone to sunburn. Sprinkler detours are always encouraged, and building in water stops on longer runs or workouts is a good way to avoid dehydration. If you experience signs of dehydration– such as dizziness or lightheadedness– stop and try to find some water nearby.

Log your runs

If you have a GPS watch (or track your runs with your phone) and want to be accountable for your training, consider joining [Strava](#)– an app designed for runners, cyclists, and other athletes to track runs and keep an online training log. Your runs will automatically upload from your GPS watch to the app, and you can share the run with your friends and followers. Be sure to join the Brown Running Club group in the app.

Additionally, it's a good idea to use a spreadsheet to keep track of your training. Simply logging the distance and duration of your workout can help you measure improvements over time. See a sample training log here.

Happy summer running and see you in September!

Brown Running Club

Summer Training Guide

This training plan is a sample guide for preparing for the fall cross country season, after a couple weeks off from running.

It covers the 8 weeks from now till the official start of practice in September. It focuses on gradually building back up

to full training over a couple weeks, then building a big base of largely easy running with minimal hard workouts until practice starts.

This plan assumes a maximum mileage of 50 per week, so runners should adjust workouts up or down relative to their own mileage goals.

Strive to run as much mileage as you can reasonably handle and be healthy / have enough time for your other summer pursuits,

but run no more than 15 miles per week more than your previous lifetime high mileage. If you've already been running consistently,

simply replace the first few weeks with full volume training. Feel free to replace any easy run with cross training or an off day,

and swap any training days as your schedule needs.

Pace Guide

Mile Best	5K Best / Avg Mile Pace	10K Best / Avg Mile Pace	Half Marathon / Avg Mile Pace	Marathon / Avg Mile Pace	Tempo Pace	Recovery Pace	Long Run Pace
4:30	15:25 / 5:00	32:00 / 5:15	1:12:00 / 5:30	2:30:00 / 6:00	5:35	6:25	6:40
5:00	17:05 / 5:30	35:45 / 5:45	1:18:00 / 6:00	2:44:00 / 6:15	6:05	7:00	7:15
5:30	18:45 / 6:00	39:00 / 6:15	1:25:00 / 6:30	3:00:00 / 6:50	6:35	7:35	7:50
6:00	20:15 / 6:30	42:00 / 6:45	1:35:00 / 7:15	3:15:00 / 7:25	7:05	8:10	8:25
6:30	22:00 / 7:05	45:45 / 7:20	1:40:00 / 7:35	3:30:00 / 8:00	7:40	8:45	9:00
7:00	23:45 / 7:40	49:00 / 7:55	1:50:00 / 8:20	3:45:00 / 8:35	8:15	9:20	9:35
7:30	25:15 / 8:05	52:30 / 8:25	1:55:00 / 8:45	4:00:00 / 9:10	8:50	9:55	10:10

*Interpolate as needed

Week	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Total Weekly Miles
July 16-22	Easy run: 3 miles	Easy run: 4 miles	Off	Easy run: 4 miles + 8x100 strides	Easy run: 5 miles	Cross train / Off	Long run: 7 miles easy	25
July 23-29	Recovery Jog (20' max) / Off	Easy run: 6 miles	Easy run: 5 miles	Easy run: 6 miles	Easy run: 5 miles	Easy run: 5 miles + 8x100 strides	Long run: 10 miles easy	40
July 30-August 5	Recovery Jog (20' max) / Off	Easy run: 7 miles	Easy run: 7 miles	Easy run: 7 miles	Easy run: 7 miles	Easy run: 7 miles + 8x100 strides	Long run: 12 miles easy	50
August 6-12	Recovery Jog (20' max) / Off	Hill Session: 7 miles hilly, with 20' of 1' on, 1' off in the middle (off segements at easy run pace, on segements at tempo effort or a bit faster)	Easy run: 7 miles	Easy run: 7 miles	Progression run: 7 miles, pickup over last half of run, last 5' close to tempo effort	Easy run: 7 miles + 8x100 strides	Long run: 12 miles easy	50
August 13-19	Recovery Jog (20' max) / Off	Hill Session: 5 miles moderate, 8x100 hill sprints (jog down recovery), 1 mile cooldown	Easy run: 7 miles	Easy run: 6 miles + 8x100 strides	Steady state run: 1 mile warmup, 5 miles at tempo pace, 4x200 at 3k effort [200 jog], 1 mile cooldown (all on grass if possible)	Easy run: 7 miles	Long run: 12 miles moderate, drop pace over second half run, but keep effort controlled / moderate	50
August 20-26	Recovery Jog (20' max) / Off	Hill Session: 2 mile warmup, 3 reps of "Wake Forest Drill" (find gradual half mile long hill, 1 rep = run up at slightly faster than tempo effort then immediately turn around and go down at easy run effort), 2 mile cool down	Easy run: 7 miles	Easy run: 7 miles + 8x100 strides	Mile repeats: 1 mile warmup, 4xmile cutdowns [starting 20" slower than tempo, getting 10" faster per rep] (90" recovery), 4x200 at 3k effort [200 jog], 1 mile cooldown (pref. on grass, adjust volume by changing length, not number of reps) [example: a 16:00 5k runner who tempos at 5'35" / mile does his mile reps in 5'55", 5'45", 5'35", 5'25"]	Easy run: 7 miles + 8x100 strides	Long run: 12 miles moderate, drop pace over second half run, but keep effort controlled / moderate	50
August 27-September 2 DOWN WEEK	Easy run: 5 miles + 8x100 strides	Hilly run: 6 miles moderate	Easy run: 5 miles	Easy run: 6 miles	Easy run: 5 miles	**Freshmen move in!** Recovery Jog (20' max) / Off	Long run: 10 miles easy	40
September 3-9	Recovery Jog (20' max) / Off	Hill Session: 5 miles moderate, 8x100 hill sprints (jog down recovery), 1 mile cooldown	**Classes begin!** Easy run: 7 miles	Easy run: 7 miles + 8x100 strides	Progression run: 7 miles, pickup over last half of run, last 5' close to tempo effort	**Practice begins!** Running Club kickoff run @ 2pm in front of the Nelson.	Regular Sunday Long Run: Leaving @ 10am in front of the Nelson.	50