

## Summer 2025 Suggested Training Schedule

Week Beginning	Weekly Mileage (Long Run)				Team Meet Ups Coaches and upperclassmen leaders available on these days, but a strong summer build includes running outside of these days, too!
	HS Option 1	HS Option 2	HS Option 3	MS	
June 9	2 weeks off after Spring Season then: Run 3-4 days/week			Run ~2 days/week	None
June 16	18-22 (6)	15-20 (5)	10-12 (3-4)	Run 2-3 days	<input type="checkbox"/> Monday, June 16: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, June 17: Boardwalk (7:30 a.m.)
June 23	20-25 (6)	18-22 (5)	10-12 (4)	Run 2-3 days	<input type="checkbox"/> Monday, June 23: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, June 24: Boardwalk (7:30 a.m.) <input type="checkbox"/> Wednesday, June 25: Sunset Run & Ice Cream @ Chapman
June 30	20 max (6)	18 max (5)	12-15 (4)	Run 2-3 days	<input type="checkbox"/> Monday, June 30: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, July 1: Boardwalk (7:30 a.m.)
July 7	22-25 (7)	18-22 (5-6)	12-15 (4)	Run 3-4 days	<input type="checkbox"/> Monday, July 7: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, July 8: Boardwalk (7:30 a.m.)
July 14 XC Camp	XC Camp	XC Camp	XC Camp	XC Camp	XC Camp
July 21	25-30 (8)	20-25 (6)	15-18 (5)	Run 3-4 days	<input type="checkbox"/> Monday, July 21: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, July 22: Boardwalk (7:30 a.m.) <input type="checkbox"/> Wednesday, July 23:
July 28	25-30 (7-8)	20-25 (6)	15-20 (5)	Run 3-4 days	<input type="checkbox"/> Monday, July 28: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, July 29: Boardwalk (7:30 a.m.)
August 4	25-30 (7-8)	22-27 (6)	17-22 (5)	Run 4-5 days	<input type="checkbox"/> Monday, August 4: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, August 5: Boardwalk (7:30 a.m.)
August 11	25-30 (7-8)	22-27 (6)	17-22 (5)	Run 4-5 days	<input type="checkbox"/> Monday, August 11: Nashotah (7:30 a.m.) <input type="checkbox"/> Tuesday, August 12: Boardwalk (7:30 a.m.) <input type="checkbox"/> Wednesday, August 13: Boardwalk Glow Run (8:30 p.m.)
August 18	First day of practice! Meet at 8:00 a.m. at Nashotah Park & Ride Make sure your registration (including physical) is done				

### Coach Contact Information:

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### Summer Running Locations Drop Off/Parking Ideas:

- **Oconomowoc High School Track:** 641 E Forest Drive: Drop off/park in South Lot (near track/stadium)
- **Nature Hill Intermediate Trails:** 850 Lake Drive: Drop off/park behind school near basketball hoops/gym
- **Nashotah Park Trails:** Drop off/park at Park & Ride on corner of Hwy 16 and Hwy C
- **Bender Beach:** 910 N Lake Road: Drop off/park on streets (Forest Drive, Pine Street) or at Our Savior's Church Parking Lot on the corner of Greenland and Lisbon
- **Boardwalk:** Drop off/park in Fowler Lake Lot (behind Roots, Chase Bank, etc.) and meet near pier behind Roots
- **Chapman Park:** End of Oconomowoc Parkway: We'll be running on the Lake Country Trail. Drop off/park in small lot past Western Lakes Fire District Pabst Farms Location.

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<b>Workout Ideas</b> Always warm up and cool down! 4-6 ~70 meter strides before workouts are always a good idea!	<b>Other Training Elements</b>
<ul style="list-style-type: none"> <li>● Early:                             <ul style="list-style-type: none"> <li>○ Hill sprints: 6-8 x 8 sec (end of long/easy)</li> <li>○ Out and back faster</li> <li>○ 3x 5 min @ tempo</li> <li>○ Pick Ups: 30 seconds to 2 minutes @ 5k with equal amount of easy after</li> <li>○ Progression: 5 min @ tempo, 5 @ 10k, 5 @ 5k</li> </ul> </li> <li>● Medium:                             <ul style="list-style-type: none"> <li>○ 15 min continuous hills: hard up, easy down</li> <li>○ 2x 10 min @ tempo</li> <li>○ 10x 1 minute hard, 1 minute easy</li> <li>○ 3 miles of 200 on/200 off</li> <li>○ 3 miles of 400 on/400 off</li> <li>○ 4-6 drop downs: Choose a time (ex.3 minutes) and try to get one step further each rep</li> <li>○ Progressive long run: start easy/moderate and get down to just below tempo</li> </ul> </li> <li>● Challenge:                             <ul style="list-style-type: none"> <li>○ 4-5x 0.5 mile @ 5k, 0.25 easy</li> <li>○ 20 minutes tempo (*longer warm up/cool down)</li> <li>○ 3x mile repeats w/ 90 seconds rest (a little quicker than tempo)</li> <li>○ Hill repeats: 10x 30 seconds hard up, 1 minute easy down</li> </ul> </li> </ul>	<b>Strides</b>  <b>Hips:</b> <ul style="list-style-type: none"> <li>● Glute Bridges (single &amp; double)</li> <li>● Clams, lateral leg raises, donkey kicks/whips, etc.</li> <li>● Hurdle mobility</li> </ul> <b>Core:</b> <ul style="list-style-type: none"> <li>● Planks</li> <li>● Dead bug series</li> <li>● Bicycles, twists, etc.</li> </ul> <b>Plyometrics &amp; General Strength:</b> <ul style="list-style-type: none"> <li>● @kimrunsthemitten Instagram account</li> <li>● Push ups/inchworms</li> <li>● Lunge sequence</li> <li>● Squats: bodyweight, jump, split</li> <li>● Box step ups/jumps</li> </ul> <b>Mobility:</b> <ul style="list-style-type: none"> <li>● @kneesovertoesguy Instagram</li> <li>● Yoga with Adrienne onYouTube</li> <li>● Roll out/LAX ball</li> </ul>

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## 1. Time Off

- a. Between the end of your spring season and when you start summer running you should take 2 weeks off. One week should be nothing. One week can include cross-training.
- b. This time is REQUIRED. It's a time for your body to refresh and reset. You can't maintain top fitness year round. Allow your body a break so that you can rebuild to top shape in the fall.

## 2. Consistency Is Queen

- a. There is never one magic workout/drill/etc. that completely makes or breaks your season. Running is layering of bricks: stacking one on top of another to build a foundation for success.
- b. Running *something* each week (even if it's not exactly how you planned it) is better than lots one week and nothing the next.

## 3. Put in the work: Mentally and Physically!

- a. Consistent off-season running is the best indicator of in-season success.
- b. Off season is a great chance to stealthily work on your weaknesses: strength, speed, form, endurance, mobility, consistency, mental game, etc.

## 4. The Basics Still Matter

- a. Sleep is directly proportional to better performance, both now and in the future. Your body can't absorb the training if it's not functioning properly, and it needs sleep to do so!
- b. Eat to nourish your body and fuel the work you do. A small snack (with protein!) shortly after running is the optimal time to take in calories to help your body recover and build strength.
- c. Listen to your body
  - i. When things start to feel off, take a day off. Back off mileage, increase cross-training.
  - ii. You can still see Jason!

## 5. Keep Track of Your Running: Strava!

- a. Develop the habit of logging every day so you can grow gradually and stay healthy: Strava, Garmin app, a note in your phone, text messages to yourself, whatever works!
  - i. If you use an app: **make sure your profile is private** so strangers can't see your running locations!
  - ii. It's good to include things to add context to your runs - how were you feeling? What was nutrition/sleep/weather/stress level/etc. like?
- b. We would LOVE to see your training/progress, so please add Finke & Schuh on Strava

## 6. Training & Terrain

- a. Remind yourself that XC Racing involves grass, trails, gravel, woodchips, etc. Train on terrain that mimics where you'll race.
- b. HILLS: Our sectional course is hills on hills on hills this year! Start putting in hill work early so you're ready!

## 7. Survival Tips

- a. Pick a plan that's best for you. There should be a gradual increase in mileage: both throughout the season and in your running career.
- b. Find a partner in crime. Hold each other accountable. Make it fun!
- c. Every ~3 weeks take a "down week" of lower mileage/intensity
- d. Maintain one rest day per week of **no running**.

### June:

- Fall in love with running again!
- Run for 20-45 minutes, gradually increasing the long run
- Build base: prevents injuries and allows you to actually maximize workouts *once you get to them*.
- Don't worry about tracking mileage/time. Get out the door!

### July:

- Back to thinking about distance and pace.
- Create a strong training balance:
  - Mix in workouts
  - Easy miles day after a workout
  - Have one long run each week to build endurance

### August:

- Work on your weakness: strength, speed, form, mobility, endurance, consistency, mental game, etc.
- Last week before cross country starts: cut back on intensity and mileage.