



Cross Country training guide

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up	20 star jumps 10 press	Stars/ press ups x 20	rest	Burpees/ press-ups x20	30 stars 20 press ups	20 stars 20 burpees
Exercise Run	1km run	2km run	rest	3.0km 	3.0km 	1.5km
Warm down	stretches	stretches	stretches	stretches	stretches	stretches

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up	30 stars	30 stars 20 press ups	40 stars 20 press ups	rest	30 stars 20 press ups	40 stars 20 burpees
Exercise Run	3.0km run	3.5km 	3.5km 	rest	2.5km	3.0km
Warm down	stretches	stretches	stretches	rest	stretches	stretches

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up	20 star jumps 10 press	Stars/ press ups x 20	30 stars 20 press ups	Burpees/ press-ups x20	rest	20 stars 20 burpees
Exercise Run	1.5km	4.0km	2.5km 	2.5km 	rest	3.5km
Warm down	stretches	stretches	stretches	stretches	stretches	stretches

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up	30 stars	30 stars 20 press ups	40 stars 20 press ups	30 stars 20 press ups	rest	40 stars 20 burpees
Exercise Run	3.0km 	3.0km 	4.0km	2.5km	rest	4.0km
Warm down	stretches	stretches	stretches	stretches	stretches	stretches


Stretches- try to include all the big muscle groups:-

Legs- Thighs (including gluteus maximus) and calf muscle each leg separately

Upper body- side to side, shoulder and chest .

Increase activities each week and decrease the time you do them in for the runs

Weeks 5,6,7,8 increase the runs by 1km

 = 100m sprint within the run x 2, 3, 4 increases each week