

High School Training Program for Athletes Between Cross-Country and Track Seasons - Advanced

Designed for experienced high school athletes who wish to have a training program between cross country and track seasons.

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This program is set up for high school athletes who wish to have a training program between cross country and track seasons. The program outlined below is a **base program**. The purpose of base work is to condition the body and mind in many ways so that the athlete will be ready for the harder stuff when it is time. **The important thing to remember is to not overdo the intensity of the mileage because that will leave you tired when it is time to work harder.**

This advanced HS program is for the very serious high school athlete who is willing to do the work and get the rest he or she needs. If you are an athlete who wants to get better but is not out to win state titles, then you will want to follow the **beginner/intermediate HS program**.

Note: If your coach has already set up a training program for you, use that program. Do not try to serve two masters, and your coach knows you better than I do.

All workouts are in miles, unless otherwise noted.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	6	10	6	10	6	off	13
Week 2	6	12	6	12	6	off	13
Week 3	6	12	6	12	6	off	14
Week 4	5	10	off	10	5	off	12
Week 5	6	12	6	12	6	off	13
Week 6	6	12	8	12	6	off	14
Week 7	6	12	8	12	6	off	15
Week 8	5	10	off	10	5	off	12
STAGE 2							
Week 1	6	12	8	12	6	off	15
Week 2	6	12	8	12	6	off	16
Week 3	6	12	8	12	6	off	17
Week 4	5	10	off	10	5	off	12
Week 5	6	12	8	12	6	off	16
Week 6	6	12	8	12	6	off	17
Week 7	6	12	8	12	6	off	18
Week 8	5	10	off	10	5	off	12

Base work, when done correctly, sets up a progressive overload on the connective tissue, the biomechanical systems, the cardiovascular, the cellular, the muscular, the structural, as well as the psychological. Because it is a gentle progressive overload, the body is able to adapt as the process occurs, which builds up a great deal of potential for resistance for the body to withstand the harder work that comes later in the process.

The program at left consists of two stages. Some athletes will only have time for one stage before starting indoor track; others won't run competitively until outdoor track season, so they will have more time to put in their base work.

Don't worry about doing speed work at this point. You won't be sharp at the beginning of the season but you will be strong and ready to give your team, coach, and self the kind of effort that will help you get better throughout the season. Your goal is to develop as an athlete throughout the season and continue this process throughout your career. Running can be a lifetime activity and you can get better and better for years