

June 2026 Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Start of Summer Running Club 3 Miles Easy JOG!	2 3 Miles Easy! Jog pace!	3 3 Miles Easy! Jog pace!	4 4 Miles Easy! Jog pace! With Hills in run!	5 3 Miles Easy!	6 Race in a 5K!!! Or 3 miles at a good Pace! Easy 20-24 Miles Total This week!!!
7 "Take Off"	8 4 mile easy!	9 5 Miles Easy With Hills in run!	10 4 -5 miles 1st mile easy 2 & 3 mile surges every 30 sec with 1 min. rest 4 th -5 th mile easy	11 5 Miles Easy With Hills in run!	12 4 Miles Easy!	13 Race in a 5K!!! Or 3 miles at a good Pace! Faster than a jog 24-28 Miles Total This week!!!
14 "Take Off"	15 5 miles Tempo 1 st easy 2 nd race pace 3 rd easy 4 th race pace 5 th mile easy!	16 Expr: 4 easy in morn Expr: 4 easy in Even	17 5 miles 1st mile easy 2 & 3 mile surges every 1 min with 1 min. rest 4 th -5 th mile easy	18 Expr: 4 easy in morn Expr: 4 easy in Even	19 4 Miles Easy!	20 Race in a 5K!!! Or 3 miles at a good Pace! Faster than a jog 26-30 Miles Total This week!!!
21	22 4 mile easy!	23 4 -5 miles 1st mile easy 2 & 3 mile surges every 1 min with 1 min. rest 4 th -5 th mile easy	24 4 mile easy!	25 4 mile easy!	26 4 mile easy!	27 Race in a 5K!!! Or 3 miles at a good Pace! Faster than a jog 24 Miles Total This week!!!
28	29	30				

A successful season depends on a Big base!

Less chance of injuries with a stronger Bas

**Note: Days with surges or tempo do what you can don't over train.

July 2026 Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 4 -5 miles 1st mile easy 2 & 3 mile surges every 1 min with 1 min. rest 4 th -5th mile easy	1 4 mile easy!	1 4 mile easy!	2 5-6 miles easy Park 2 park	3 4 Miles Easy	4 3 miles at a good Pace! Faster than a jog 26 - 30 Miles Total This week!!! Race in a 5K!!!
5 "Take Off"	6 5 miles Tempo 1st easy 2nd race pace 3rd easy 4th race pace 5th mile easy!	7 Expr: 4 easy in morn Expr: 4 easy in Even	8 5 miles 1st mile easy 2,3&4 mile surges Every 1 min with 1 min. rest 5th mile easy	9 Expr: 4 easy in morn Expr: 4 easy in Even	10 4 Miles Easy!	11 Race in a 5K!!! Or 3 miles at a good Pace! Faster than a jog 32 - 36 Miles Total This week!!!
12 "Take Off"	13 Expr: 4 easy in morn Expr: 4 easy in Even	14 Expr: 4 easy in morn Expr: 4 easy in Even	15 5 miles 1st mile easy 2,3&4 mile surges Every 1 min with 1 min. rest 5th mile easy	16 Expr: 4 easy in morn Expr: 4 easy in Even	17 4 Miles Easy!	18 Race in a 5K!!! Or 3 miles at a good Pace! Faster than a jog 32 - 36 Miles Total This week!!!
19 "Take Off"	20 Expr: 4 easy in morn Expr: 4 easy in Even	21 Expr: 4 easy in morn Expr: 4 easy in Even	22 5 miles 1st mile easy 2,3&4 mile surges Every 1 min with 1 min. rest 5th mile easy	23 Expr: 4 easy in morn Expr: 4 easy in Even	24 4 Miles Easy!	25 Race in a 5K!!! Or 3 miles at a good Pace! Faster than a jog 32-36 Miles Total This week!!!
26 "Take Off"	27 BJHS Summer XC Camp	28 BJHS Summer XC Camp	29 BJHS Summer XC Camp	30 BJHS Summer XC Camp	31 BJHS Summer XC Camp	1 BJHS Fundraiser @BHS Track

Any questions you may have you can reach me Coach Denny Herald @309-827-0313 and email @ loydherald1@comcast.net

Monday August 3rd will be the 1st Day of Cross Country Practice at BJHS

Base Building

“A good way to build your mileage is to set a summer goal of a weekly mileage you feel you can handle, and one expected of you from your coaches.”

Also, try to run 2 or 3 local 5K road races.

Links to Road Race Calendar: <http://www.lakerunclub.org/> , <http://www.oftenrunning.com/> , <http://www.fleetfeetbloomington.com/>

The races will give you an idea of your time and how your body feels.

Come to us in August prepared to tweak your mileage and be prepared to pick up the pace as we gear towards our racing season and this year compete for championships.

Other Items:

- Do hills as part of your training.
- Running/ Technique Drills before workout **(below)**
- Stretch after workouts. Use ice if sore
- Do core work out at least every other day – 3 Sets of at least 3 to 5 exercises for 30 to 45 seconds
Ideas: plank and side plank, bicycle, Russian Twist, sit-ups, crutches, V-sits, push-ups

Technique Drills

Running A's out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Running B's out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Skipping out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Skipping for height out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

High Knees out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Bounding out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Carioca out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Butt Kicks out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Foot Shuffles out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Quick Feet out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Lunges out about 30-40 yards Jog Back to Start line and then do a stride/run out (a gradual pick up) then walk back to start

Its key to take your time doing running drills don't rush them. And you don't have to do them all every time. Do at least 4-5 of them before every run. Key to no injury's

****Always work on RUNNING FORM and breathing while doing Drills****

Video@ <https://www.youtube.com/watch?v=4CtZGK5csrl>