

St Patrick's Primary School Cross Country Training Program

This program was designed for primary age school students wishing to participate in zone and regional trials

Please use this program as a guide only because there is not 10 weeks before the District Cross County trials on Tuesday 3rd May.

Week 1	Week 2	Week 3	Week 4	Week 5
Tues: 2km walk / run. Thurs.: 2km walk / run. Sat: 2km walk / run.	Tues: 2km walk / run. Thurs. : 2km walk / run. Sat: 10 x 120m Hill Runs. Walk back recovery.	Tues: 2-3km walk / run. Thurs: 2-3km walk / run. Sat: 10 x 120m Hill Runs. Walk back recovery.	Mon: 2-3km walk / run. Wed: 8 x 300m Runs. 2min recovery between each. Fri: 2-3km walk / run. Sun: 3-4km walk / run easy.	Mon: 10 x 120m Hill Runs. Walk back recovery. Wed: Steady 2 - 3km Run. Fri: 8 x 300m Runs. 2min recovery between each. Sun : 3km walk / run
Week 6	Week 7	Week 8	Week 9	Week 10
Mon: Hard 2km Run for all ages. Wed: 10 x 100m Hill Runs. Walk back recovery. Fri: Steady 2 - 3km Run. Sun: 3-4km walk / run easy.	Mon: 8 x 300m Runs. 2min recovery between each. Wed: Steady 2 - 3km Run. Fri: Hard 2km Run for all ages. Sun: 3-4km walk / run easy.	Mon: Easy 2km Run for all ages. Wed : Suggest School Cross Country be held this week for selection purposes or Hard 2 - 3km Run over Race dist. Fri: Steady 2 - 3km Run.	Mon : Easy Race distance + 1km. Wed: Hard 2 - 3km Run. Fri: 10 x 120m Hill Runs. Walk back recovery. Sun : 3km walk / run	Mon: Hard 2 - 3km Run. Wed: Steady 2 - 3km Run. Fri : Easy 2km This is an easy recovery week in preparation for the District or Zone Trials in coming week.

Notes and Explanations :

1. Zones trials should be timed to follow in the week immediately after Week 10 of this program.
2. Hard means just that and should generate a heart rate of approx. 160 - 180 bpm. Steady should enable students to talk readily as they run and be around 120 -130bpm. Easy is quite a slow rate and should generate a bpm of 90 - 100bpm.
3. Hills should not be too steep but encourages a solid workload around 120 - 160bpm is optimal.
4. In the first three weeks encourage students to run as much as possible but to walk if required.
5. 300m repetitions are not sprints but are slightly faster than race pace for the 2km and 3km events
6. Where 2 - 3km is indicated, U10 students should be doing 2km and the older students 3km.