

# AUGUST CROSS-COUNTRY WORKOUTS

Hello MTA athletes and parents. Any runner that wants to do well for this fall's cross country season should consider continuing their running for the month of August. The race distance for a mite is 1000m, a tyke is 1500m, an atom is 2000m and a senior is 3000m. In general, athletes should be running 4 days per week unless they are heavily involved in other sports such as soccer, lacrosse, hockey, baseball, dance/martial arts. Then, no running workouts on the days of these other sporting activities. A typical workout week will be a mix of 3 days of longer running, and 1 to 2 days of interval training and hill running.

**Seniors:** Long runs should be at least 15 minutes of continuous running. If this is hard to do at first, then run for 8 minutes, walk a bit and then do another 8 minutes. For those in real good shape you could run up to 30 minutes. For the hill training, find a hill that takes about 30 seconds to run up. Sprint up the hill, walk or jog back down. Start with about 5 times and work up to 8 or 10. For the interval training do 6 to 8 repeats of approximately 2 minutes at a sustainable pace. Rest 2 minutes by walking after each repeat.

**Atoms,** same program as the seniors, but everything a little less. Long runs 15 to 20 minutes. Hill repeats 4 to 7 times. Intervals 6 to 8 repeats of 90 seconds only.

**Tykes,** long runs of 10 to 15 minutes, hill repeats 5 times maximum. Intervals, 6 times maximum of 1 minute.

**Mites,** long runs of 8 minutes, hill repeats 5 times maximum. Intervals, 5 times maximum of 1 minute.

**General strength and conditioning ideas.** Sit-ups, push-ups, burpees, and other drills that coach Bruce taught in the warmup/stretching exercises.

Please contact me at [hutchinson@execulink.com](mailto:hutchinson@execulink.com) if more explanation required or if other workout ideas would help you.

**Brent Hutchinson, MTA coach**