

Sample 8 Week Elementary Cross Country Training Schedule

WEEK	M	T	W	TH	F	S	S	TTLs	Session Notes
1	0		0.5		0.5			1	WO1= just get kids used to drills and DFLEX space cones 25M apart - this will give them 800m of running if you do all 30 DFLX-DR
	WO1		WO2		WO3				WO2= Cut DFLEX-DR by 50% and do out and back .5M run dropping those that need to stop along the way for return run pickup
	DFLEX-DR		DFLEX-DR		DFLEX-DR				WO3= same as WO2
2	0.5		1		1.25		1	3.75	WO1= do all 30 DFLX-DR and add .5M run / WO2 Do 50% DFLEX-DR and add 1M run
	WO1		WO2		WO3		GR		WO3= .25% of DFLEX-DR and do challenge run - Out and Back having then go as far as they can - stop then pick up on return
	DFLEX-DR		DFLEX-DR						GR = Option group run on course for following week
3	1.25		1.25		1.5		1	5	WO1= Do 50% DFLEX-DR and 800 meters of line tag races / WO2 Challenge Run
	COM1		WO1		WO2		GR		CCM - Do 2-3 DFLEX and 2-3DR for warmup then cross country meet
	DFLEX-DR		DFLEX-DR		DFLEX-DR				GR = Option group run on course for following week
4	0.5		1.25		1.5		1.25	4.5	WO1= Do 50% DFLEX-DR and 800 meters of Indian Runs / WO2 Challenge Run
	COM1		WO1		WO2		GR		CCM - Do 2-3 DFLEX and 2-3DR for warmup then cross country meet
	DFLEX-DR		DFLEX-DR		DFLEX-DR				GR = Option group run on course for following week
5	1		1.25		1.75		1.5	5.5	WO1= Do 75% DFLEX-DR and 800 meters easy running and 800m of line tag races / WO2 Challenge Run
	COM1		WO1		WO2		GR		CCM - Do 2-3 DFLEX and 2-3DR for warmup then cross country meet
	DFLEX-DR		DFLEX-DR		DFLEX-DR				GR = Option group run on course for following week
6	1		1.25		2		1.75	6	WO1= Do 75% DFLEX-DR and 1 mile of easy walk jogs / WO2 Challenge Run
	COM1		WO1		WO2		GR		CCM - Do 2-3 DFLEX and 2-3DR for warmup then cross country meet
	DFLEX-DR		DFLEX-DR		DFLEX-DR				GR = Option group run on course for following week
7	1		1.25		2		2	6.25	WO1= Do 100% DFLEX-DR and 1 mile continuous run / WO2 Challenge Run
	COM1		WO1		WO2		GR		CCM - Do 2-3 DFLEX and 2-3DR for warmup then cross country meet
	DFLEX-DR		DFLEX-DR		DFLEX-DR				GR = Option group run on course for following week
8	1		1.25		2.5			4.75	WO1= Do 50% DFLEX-DR and 1 mile continuous run / WO2 Challenge Run
	COM1		WO1		WO2				CCM - Do 2-3 DFLEX and 2-3DR for warmup then cross country meet
	DFLEX-DR		DFLEX-DR		DFLEX-DR				

Abbreviations

WO = Workout
 DFLEX / DR - Dynamic Flexibility - Drills
 CCM = Cross Country Meet
 GR = Optional Group Run

Session Notes

- For elementary school runners who will be running 1 mile cross country 3 sessions during the week (including the CC meet) as well as an optional Sunday group run is more than enough
- There are no set days you should or should not practice - this highly depends on your individual location and set-up > the schedule above uses M-T-TH
 - the totals for workouts would represent your best conditioned runners - scale back in 25 / 50 / 75 % increments for those less conditioned.
- In line tag races > split into 4 equal lines spread 75-100m apart in pairs - each pair represents a team - make sure teams are evenly matched and that even runners in lines are matched evenly - repeat 3-4X
- Out and Backs (Challenge Runs) - great way to motivate the kids > start as a group, as kids tire have them stop stand @ location and wait for the group to pick them up on return. Continue to drop groups till last runner is left.
- Indian Runs - split your group into 3 lines of similar ability. Have them jog through a set course at the sound of a whistle have the runner in the back of the line sprint to the front. Repeat this till the lines have all run your mileage total
- Remember all workouts can be done in walk jogs if kids are unable to run continuously then have them run comfortably of as long as they can then walk -- but continue moving.

Weblinks

DFLEX-DR Sheet
 DFLEX-DR Video

<http://knoxvilleyouthathletics.org/images/stories/documents/KYADflex12.pdf>
http://www.youtube.com/watch?v=hAvkA66ZB7A&feature=player_embedded

