

McT Cross Country Training 2025

To be prepared to compete at your best for the fall cross country season, it is crucial to train in the summer. The endurance training done in these months will prepare your body to be ready for the speedwork and competition to come. This is our Base Training Phase. The purpose is to lay the foundation that all other training will be built on. The key to success during this phase is to be consistent- be consistent in running, strength/ circuit training and nutrition.

The month of June will be about getting our base miles up and building strength and endurance.

Rules of Phase 1

1. Be Consistent!

2. Constantly Take in Fluids.

- Heat is always a factor here in the summer, and you must stay on top of hydration. Water is great, and I would also recommend adding in something with electrolytes for longer runs. You can do Gatorade type drinks, and there are also some great options available like Liquid IV, Skratch and Tailwind at local running stores. The main thing is make this a priority. We will talk more in depth about fluids and nutrition throughout the season.

3. For now try and train at the coolest part of the day. (Early morning or late afternoon) Don't put yourself in danger of heat illnesses by training in the middle of the day.

4. This phase is all about building our volume at low intensity. Don't overtrain- we want to avoid injuries and burnout.

5. Train as much as you can on grass. This will make you stronger and help avoid injuries. Plus it's fun!!

6. Make sure your shoes are in good shape! Many runners start to feel aches and pains when it is time to get new shoes. We are fortunate to have multiple running stores who are able to help fit the right shoe for you. Run-n-Tri, Fleet Feet and McCoy Outdoor are happy to help!

7. Run courses with hills when you can!!!!!! This can be your SUPERPOWER. Hills make you strong and they are a great way to build endurance and strength.

8. If you are new to running, welcome!! Everyone has to start somewhere, so start at a level at which you feel comfortable. If you need to alternate running and walking (3 min run, 1-2 min walk) to start, do that! You will build up endurance quickly if you dedicate yourself to it. Just stick with it!