

Cross Country Training Program

NAME.....

SCHOOL.....

<i>Week Number</i>	<i>Times per Week</i>	<i>Minimum Training Activity</i>	<i>Times per Week</i>	<i>Maximum Training Activity</i>	<i>Observed By (Please Initial)</i>
1	3	<i>Walk fast 1Km (Min. 10 minutes)</i>	5	<i>Run fast 1 Km</i>	
2	3	<i>Walk,Jog,Run 1.5Km (100m intervals)</i>	5	<i>Run fast 1 Km</i>	
3	3	<i>Jog,Run 1.5 Km (100m intervals)</i>	5	<i>Run slow 2 Km</i>	
4	3	<i>Run continuous 1.5 Km</i>	5	<i>Run slow 3 Km</i>	
5	3	<i>Run 1.5 Km – 2 Km (Fartlek see below) *</i>	5	<i>Run 2 Km – 3 Km (Fartlek see below) *</i>	
6	3	<i>Run Indian File 1 Km</i>	5	<i>Run Indian File 2 Km</i>	
7	3	<i>Race 1.5 Km at own pace (no pressure)</i>	4	<i>Race 2 Km at own pace (no pressure)</i>	
8	<i>Day 1</i>	<i>Cross Country Run 1 Km</i>	<i>Day 1</i>	<i>Cross Country Run 2 Km</i>	
	<i>Day 2</i>	<i>Race 1 Km</i>	<i>Day 2</i>	<i>Race 2 Km</i>	
	<i>Day 3</i>	<i>Run slow 1 Km</i>	<i>Day 3</i>	<i>Run slow 2 Km</i>	
	<i>Day 4</i>	<i>Run Hills 1 Km</i>	<i>Day 4</i>	<i>Run Hills 2 Km</i>	
	<i>Day 5</i>	<i>Run slow 1 Km</i>	<i>Day 5</i>	<i>Run slow 3 Km</i>	
9	<i>Day 1</i>	<i>Track run 4 X 200m</i>	<i>Day 1</i>	<i>Track run 5 X 200m</i>	
	<i>Day 2</i>	<i>Race 1 Km</i>	<i>Day 2</i>	<i>Race 2 Km</i>	
	<i>Day 3</i>	<i>Run easy 2 Km</i>	<i>Day 3</i>	<i>Run easy 3 Km</i>	
	<i>Day 4</i>	<i>Run Hills 1 Km</i>	<i>Day 4</i>	<i>Run Hills 2 Km</i>	

**** Fartlek Training combines interval/sprint and distance work over interesting and challenging terrain, while hopefully developing resourcefulness.***

Please have a Teacher, Parent or Adult Volunteer initial the ‘observed by’ column of the Training Program Sheet after watching each child train.