



New Life Storm Summer Running Guide

Why We Run in the Summer

The goal of summer isn't to get fast. The goal is to get fit enough to train.

Cross country is an endurance sport. The athletes who improve the most during the season are usually the ones who arrive with an aerobic base already in place.

Think of summer as building the engine. Once practice starts, we'll teach that engine how to race.

A runner who has consistently trained all summer can focus on workouts, racing, and improvement. A runner who skips summer spends the first half of the season simply trying to catch up.

Our Philosophy

Most of summer should be easy miles. Not racing. Not time trials. Not exhausting workouts.

Just consistent running.

Easy miles:

- Build endurance
- Strengthen muscles and tendons
- Improve recovery
- Increase confidence
- Prepare athletes for the season

We do sprinkle in some speed through our Pop-Up Miles sessions, but the majority of summer fitness comes from simply putting in the work consistently.

Consistency beats intensity.

Weekly Flow

Monday – Group Run

Daily Run

A comfortable conversational pace.

The goal is to build aerobic fitness and start the week strong.

Tuesday – Pop-Up Miles

Athens Drive Track

Fun speed-focused session.

This is not designed to leave athletes exhausted.

The purpose is simply to move the legs faster, develop running mechanics, and add variety.

Wednesday – DIY Run

Run on your own.

Keep it comfortable.

Thursday – Group Run

Daily Run

Another aerobic-focused run with teammates.

Consistency is the goal.

Friday – DIY Run

Optional run depending on experience level and training plan.

Saturday – Long Run

Our most important run of the week.

Long runs build endurance, confidence, and mental toughness.

The pace should be comfortable.

Long does not mean hard.

Sunday – Off

Recover.

Spend time with family.

Prepare for the next week.

How Often Should I Run?

Beginning Runner: A runner who is still building the habit of running consistently.

Typical characteristics:

- First year of cross country or distance running
- Cannot yet comfortably run the target daily-run distance
- May need run/walk intervals
- Still learning pacing, consistency, and recovery

Summer Goal: Build consistency and gradually increase running volume.

Recommended Frequency: 3–4 days per week

Examples:

- New middle school athlete
- Soccer or basketball player trying cross country for the first time
- Returning runner who has done little or no running since spring

Developing Runner: A runner who has established consistency and can comfortably handle regular training but is still building toward varsity-level endurance.

Typical characteristics:

- Has completed at least one season of distance running
- Can comfortably complete most daily runs
- Has some experience with long runs
- Still developing aerobic strength and training habits

Summer Goal: Increase endurance and build a larger aerobic base.

Recommended Frequency: 4–6 days per week

Examples:

- Most returning middle school runners
- Newer high school runners with a season under their belt
- Athletes who have moved beyond the beginner stage and are growing in endurance and consistency

Experienced Runner: A runner with multiple seasons of consistent training who is ready to maximize summer development.

Typical characteristics:

- Multiple seasons of distance-running experience
- Has demonstrated consistent training habits
- Can comfortably complete long runs
- Understands pacing, recovery, and self-management

Summer Goal: Arrive at the start of practice fully prepared for race-specific training.

Recommended Frequency: 5–6 days per week

Examples:

- Most varsity runners
- Team leaders
- Athletes pursuing personal records, conference honors, state qualification, or championship goals

The July 27 Goal

By the first official practice, athletes should be able to comfortably complete:

Middle School

Daily Runs:

- 3–4 miles

Long Run:

- 5–6 miles

High School

Daily Runs:

- 4.5–6 miles

Long Run:

- 7.5–9 miles

The word "comfortably" matters. These runs should not feel like races. They should feel normal.

If you can reach these benchmarks, they will enter the season prepared to train, improve, and compete at a high level.

The Most Important Stat

Not mileage.

Not pace.

Not Strava.

Not who is fastest in June.

The most important statistic is consistency.

An athlete who runs 4–5 days every week all summer will almost always outperform an athlete who trains hard for two weeks, disappears for ten days, and repeats the cycle.

Show up.

Put in the miles.

Trust the process.

Move the needle every day.

By July 27, you'll be amazed at how far you've come.