

Cross Country Cards

Coach T's training program - 35 cards - print on cardstock and cut out

How to use this deck

- If you have never run before, start at PREP CARD P1, then P2, then Card 1.
- If you're comfortable running for a full minute, start at CARD 1 (Week 1).
- Runners with a moderate base start at CARD 10 (Week 4).
- Runners with a strong base start at CARD 13 (Week 5).
- 3 cards = 1 week. Run 3x/week, in card order, resting between -
2x/week works too, it just takes a bit longer to get through the deck.
- Repeat a card (or a whole week) if it doesn't yet feel manageable.
- Week 9 (cards 25-27) is the graduation week - 30 min nonstop.
- If you've finished Week 9 and want to build race speed, move on to the Speed Series (cards S1-S6) - sprint intervals, not more distance.
- Every card: stretch first, use a phone timer/stopwatch, bring water.
- Needs a safe track or park and a parent's OK.
- Video demos of every warm-up move and stretch: visit xccards.spirituallydriven.net on your phone.

Quick reference - all 35 cards

Card	Wk/Day	Level	Start point	Segments	Total
P1	PrepD1	Prep	First-Timers	Walk 3:00, Repeat x6: Jog 0:30 + Walk 1...	17:00
P2	PrepD2	Prep	-	Walk 3:00, Repeat x8: Jog 0:30 + Walk 1...	17:00
1	W1D1	Beginner	Some Run Experience	Walk 5:00, Repeat x8: Jog 1:00 + Walk 1...	30:00
2	W1D2	Beginner	-	Walk 5:00, Repeat x8: Jog 1:00 + Walk 1...	30:00
3	W1D3	Beginner	-	Walk 5:00, Repeat x8: Jog 1:00 + Walk 1...	30:00
4	W2D1	Beginner	-	Walk 5:00, Repeat x6: Jog 1:30 + Walk 2...	31:00
5	W2D2	Beginner	-	Walk 5:00, Repeat x6: Jog 1:30 + Walk 2...	31:00
6	W2D3	Beginner	-	Walk 5:00, Repeat x6: Jog 1:30 + Walk 2...	31:00
7	W3D1	Beginner	-	Walk 5:00, Repeat x2: Jog 1:30+Walk 1:...	28:00
8	W3D2	Beginner	-	Walk 5:00, Repeat x2: Jog 1:30+Walk 1:...	28:00
9	W3D3	Beginner	-	Walk 5:00, Repeat x2: Jog 1:30+Walk 1:...	28:00
10	W4D1	Building	Middle-Ground Runners	Walk 5:00, Jog 3:00, Walk 1:30, Jog 5:0...	31:30
11	W4D2	Building	-	Walk 5:00, Jog 3:00, Walk 1:30, Jog 5:0...	31:30
12	W4D3	Building	-	Walk 5:00, Jog 3:00, Walk 1:30, Jog 5:0...	31:30
13	W5D1	Building	Advanced Runners	Walk 5:00, Repeat x3: Jog 5:00 + Walk 3...	34:00
14	W5D2	Building	-	Walk 5:00, Repeat x2: Jog 8:00 + Walk 5...	36:00
15	W5D3	Building	-	Walk 5:00, Jog 20:00 (no walking!), Walk...	30:00
16	W6D1	Advanced	-	Walk 5:00, Jog 5:00, Walk 3:00, Jog 8:0...	34:00
17	W6D2	Advanced	-	Walk 5:00, Jog 10:00, Walk 3:00, Jog 10...	33:00
18	W6D3	Advanced	-	Walk 5:00, Jog 22:00 (no walking!), Walk...	32:00
19	W7D1	Advanced	-	Walk 5:00, Jog 25:00 (no walking!), Walk...	35:00
20	W7D2	Advanced	-	Walk 5:00, Jog 25:00 (no walking!), Walk...	35:00
21	W7D3	Advanced	-	Walk 5:00, Jog 25:00 (no walking!), Walk...	35:00
22	W8D1	Advanced	-	Walk 5:00, Jog 28:00 (no walking!), Walk...	38:00
23	W8D2	Advanced	-	Walk 5:00, Jog 28:00 (no walking!), Walk...	38:00
24	W8D3	Advanced	-	Walk 5:00, Jog 28:00 (no walking!), Walk...	38:00
25	W9D1	Final	-	Walk 5:00, Jog 30:00 - your 5K!, Walk 5:...	40:00
26	W9D2	Final	-	Walk 5:00, Jog 30:00 - your 5K!, Walk 5:...	40:00
27	W9D3	Final	-	Walk 5:00, Jog 30:00 - your 5K!, Walk 5:...	40:00
S1	SpeedD1	Speed	Finished Week 9? Start here	Walk 3:00, Jog 5:00, Repeat x6: Sprint 0...	22:00
S2	SpeedD2	Speed	-	Walk 3:00, Jog 5:00, Repeat x8: Sprint 0...	24:40
S3	SpeedD3	Speed	-	Walk 3:00, Jog 5:00, Repeat x6: Sprint 0...	23:00
S4	SpeedD4	Speed	-	Walk 3:00, Jog 5:00, Repeat x6: Sprint 0...	27:30
S5	SpeedD5	Speed	-	Walk 3:00, Jog 5:00, Repeat x5: Sprint 1...	29:00
S6	SpeedD6	Speed	-	Walk 3:00, Jog 5:00, Repeat x4: Sprint 1...	32:00

Warm-Up & Stretch Guide

Do this every time - no exceptions, even on easy days.

Before you run - warm-up routine

1. Walking High Knees - about 20 steps
2. Butt Kicks - about 20 steps
3. Standing Lunges - 10-15 reps, alternating legs
4. Frankenstein Walk - about 10 steps each leg
5. Arm Circles - 10 forward, 10 backward
6. Quick Feet - 15-20 seconds

Movement, not held stretches - this is what actually preps the body to run.

Stretch routine - after your run, while warm

1. Chest Stretch
2. Shoulder Stretch
3. Triceps Stretch
4. Adduction Stretch
5. Quad Stretch
6. Calf Stretch

Hold each stretch 20-30 seconds. Breathe normally - never bounce.

Water

- Spread this across the day - not all at once - when you've got an afternoon run:

80-120 lb: about 40-60 oz (2.5-4 bottles)

120-160 lb: about 60-80 oz (4-5 bottles)

160-180 lb: about 80-90 oz (5-5.5 bottles)

- Drink more once you're done running.

- Hot or humid day? Hydrate extra that day, before and after.

After you run

Keep walking - don't stop cold.

Stopping suddenly and standing still right after a hard run can make blood pool in your legs and your blood pressure dip - that's what causes the woozy, lightheaded feeling. Walk a few minutes first, then stretch while you're still warm. If you do feel dizzy or lightheaded, sit or lie down and prop your feet up - it helps you recover faster.

Pain vs. fatigue

Tired or a little sore is normal - keep going at your own pace. But if something actually hurts, or you feel dizzy or faint - stop and tell an adult.

CARD P1PREP

START HERE: First-Timers

WALK3:00

REPEAT x6:
Jog 0:30 + Walk 1:30

WALK2:00

Total time: 17:00
Stretch first - Timer ready - Bring water

CARD P2PREP

Prep - Day 2

WALK3:00

REPEAT x8:
Jog 0:30 + Walk 1:00

WALK2:00

Total time: 17:00
Stretch first - Timer ready - Bring water

CARD 1BEGINNER

START HERE: Some Run Experience

WALK5:00

REPEAT x8:
Jog 1:00 + Walk 1:30

WALK5:00

Total time: 30:00
Stretch first - Timer ready - Bring water

CARD 2BEGINNER

Week 1 - Day 2

WALK5:00

REPEAT x8:
Jog 1:00 + Walk 1:30

WALK5:00

Total time: 30:00
Stretch first - Timer ready - Bring water

CARD 3BEGINNER

Week 1 - Day 3

WALK5:00

REPEAT x8:
Jog 1:00 + Walk 1:30

WALK5:00

Total time: 30:00
Stretch first - Timer ready - Bring water

CARD 4BEGINNER

Week 2 - Day 1

WALK5:00

REPEAT x6:
Jog 1:30 + Walk 2:00

WALK5:00

Total time: 31:00
Stretch first - Timer ready - Bring water

CARD 5BEGINNER

Week 2 - Day 2

WALK5:00

REPEAT x6:
Jog 1:30 + Walk 2:00

WALK5:00

Total time: 31:00
Stretch first - Timer ready - Bring water

CARD 6BEGINNER

Week 2 - Day 3

WALK5:00

REPEAT x6:
Jog 1:30 + Walk 2:00

WALK5:00

Total time: 31:00
Stretch first - Timer ready - Bring water

CARD 7BEGINNER

Week 3 - Day 1

WALK5:00

REPEAT x2:
Jog 1:30+Walk 1:30
Jog 3:00+Walk 3:00

WALK5:00

Total time: 28:00
Stretch first - Timer ready - Bring water

CARD 8

BEGINNER

Week 3 - Day 2

WALK

5:00

REPEAT x2:

Jog 1:30+Walk 1:30

Jog 3:00+Walk 3:00

WALK

5:00

Total time: 28:00

Stretch first - Timer ready - Bring water

CARD 9

BEGINNER

Week 3 - Day 3

WALK

5:00

REPEAT x2:

Jog 1:30+Walk 1:30

Jog 3:00+Walk 3:00

WALK

5:00

Total time: 28:00

Stretch first - Timer ready - Bring water

CARD 10

BUILDING

START HERE: Middle-Ground Runners

WALK

5:00

JOG

3:00

WALK

1:30

JOG

5:00

WALK

2:30

JOG

3:00

WALK

1:30

JOG

5:00

WALK

5:00

Total time: 31:30

Stretch first - Timer ready - Bring water

CARD 11

BUILDING

Week 4 - Day 2

WALK

5:00

JOG

3:00

WALK

1:30

JOG

5:00

WALK

2:30

JOG

3:00

WALK

1:30

JOG

5:00

WALK

5:00

Total time: 31:30

Stretch first - Timer ready - Bring water

CARD 12

BUILDING

Week 4 - Day 3

WALK

5:00

JOG

3:00

WALK

1:30

JOG

5:00

WALK

2:30

JOG

3:00

WALK

1:30

JOG

5:00

WALK

5:00

Total time: 31:30

Stretch first - Timer ready - Bring water

CARD 13

BUILDING

START HERE: Advanced Runners

WALK

5:00

REPEAT x3:

Jog 5:00 + Walk 3:00

WALK

5:00

Total time: 34:00

Stretch first - Timer ready - Bring water

CARD 14

BUILDING

Week 5 - Day 2

WALK

5:00

REPEAT x2:

Jog 8:00 + Walk 5:00

WALK

5:00

Total time: 36:00

Stretch first - Timer ready - Bring water

CARD 15

BUILDING

Week 5 - Day 3

WALK

5:00

JOG

20:00 (no walking!)

WALK

5:00

Total time: 30:00

Stretch first - Timer ready - Bring water

CARD 16

ADVANCED

Week 6 - Day 1

WALK

5:00

JOG

5:00

WALK

3:00

JOG

8:00

WALK

3:00

JOG

5:00

WALK

5:00

Total time: 34:00

Stretch first - Timer ready - Bring water

CARD 17

ADVANCED

Week 6 - Day 2

WALK

5:00

JOG

10:00

WALK

3:00

JOG

10:00

WALK

5:00

Total time: 33:00

Stretch first - Timer ready - Bring water

CARD 18

ADVANCED

Week 6 - Day 3

WALK

5:00

JOG

22:00 (no walking!)

WALK

5:00

Total time: 32:00

Stretch first - Timer ready - Bring water

CARD 19

ADVANCED

Week 7 - Day 1

WALK

5:00

JOG

25:00 (no walking!)

WALK

5:00

Total time: 35:00

Stretch first - Timer ready - Bring water

CARD 20

ADVANCED

Week 7 - Day 2

WALK

5:00

JOG

25:00 (no walking!)

WALK

5:00

Total time: 35:00

Stretch first - Timer ready - Bring water

CARD 21

ADVANCED

Week 7 - Day 3

WALK

5:00

JOG

25:00 (no walking!)

WALK

5:00

Total time: 35:00

Stretch first - Timer ready - Bring water

CARD 22

ADVANCED

Week 8 - Day 1

WALK

5:00

JOG

28:00 (no walking!)

WALK

5:00

Total time: 38:00

Stretch first - Timer ready - Bring water

CARD 23

ADVANCED

Week 8 - Day 2

WALK

5:00

JOG

28:00 (no walking!)

WALK

5:00

Total time: 38:00

Stretch first - Timer ready - Bring water

CARD 24

ADVANCED

Week 8 - Day 3

WALK

5:00

JOG

28:00 (no walking!)

WALK

5:00

Total time: 38:00

Stretch first - Timer ready - Bring water

CARD 25

FINAL

Week 9 - Day 1

WALK

5:00

JOG

30:00 - your 5K!

WALK

5:00

Total time: 40:00

Stretch first - Timer ready - Bring water

CARD 26	FINAL
Week 9 - Day 2	
WALK	5:00
JOG	30:00 - your 5K!
WALK	5:00
Total time: 40:00 Stretch first - Timer ready - Bring water	

CARD 27	FINAL
Week 9 - Day 3	
WALK	5:00
JOG	30:00 - your 5K!
WALK	5:00
Total time: 40:00 Stretch first - Timer ready - Bring water	

CARD S1	SPEED
START HERE: Finished Week 9? Start here	
WALK	3:00
JOG	5:00
REPEAT x6: Sprint 0:20 + Walk 1:00	
JOG	3:00
WALK	3:00
Total time: 22:00 Stretch first - Timer ready - Bring water	

CARD S2	SPEED
Speed - Day 2	
WALK	3:00
JOG	5:00
REPEAT x8: Sprint 0:20 + Walk 1:00	
JOG	3:00
WALK	3:00
Total time: 24:40 Stretch first - Timer ready - Bring water	

CARD S3	SPEED
Speed - Day 3	
WALK	3:00
JOG	5:00
REPEAT x6: Sprint 0:30 + Jog 1:00	
JOG	3:00
WALK	3:00
Total time: 23:00 Stretch first - Timer ready - Bring water	

CARD S4	SPEED
Speed - Day 4	
WALK	3:00
JOG	5:00
REPEAT x6: Sprint 0:45 + Jog 1:30	
JOG	3:00
WALK	3:00
Total time: 27:30 Stretch first - Timer ready - Bring water	

CARD S5	SPEED
Speed - Day 5	
WALK	3:00
JOG	5:00
REPEAT x5: Sprint 1:00 + Jog 2:00	
JOG	3:00
WALK	3:00
Total time: 29:00 Stretch first - Timer ready - Bring water	

CARD S6	SPEED
Speed - Day 6	
WALK	3:00
JOG	5:00
REPEAT x4: Sprint 1:30 + Jog 3:00	
JOG	3:00
WALK	3:00
Total time: 32:00 Stretch first - Timer ready - Bring water	