

## Cross Country Information – Years 5 – 8 only

During the first week, back those students who are keen to try out for the County Cross Country Team will have the opportunity to do a trial run.

The following times are the guide I will use to select the team. Any student who can complete their distance within the given times will be included in the Counties Team.

- Year 8 Girls (3km) - 13 to 16 minutes
- Year 8 Boys (3km) - 12.30 to 15.30 minutes
- Year 7 Girls (3km) - 13.30 to 16.30 minutes
- Year 7 Boys (3km) - 13 to 16 minutes
- Year 6 Girls (2km) - 10 to 12 minutes
- Year 6 Boys (2km) - 10 to 12 minutes
- Year 5 Girls (2km) - 10 to 12.30 minutes
- Year 5 Boys (2km) - 11 to 12 minutes

Use the holiday break to do some training runs. Here are some suggestions on what you could do...

Day 1 – Run for 5-7 minutes nonstop

Day 2 – Run for 7-9 minutes nonstop

Day 3 – Run for 5-7 minutes nonstop

Day 4 – Rest

Day 5 – Run for 7-9 minutes nonstop

Day 6 – Run for 11-13 minutes nonstop

Day 7 – Run for 7-9 minutes nonstop

Day 8 – Rest

Day 9 – Run for 11-13 minutes nonstop

Day 10 – Run for 15-17 minutes nonstop

Day 11 - Run for 11-13 minutes nonstop

Day 12 – Rest

Day 13 - Run for 11-13 minutes nonstop

Day 14 - Run for 7-9 minutes nonstop

Day 15 - Run for 5-7 minutes nonstop

Day 16 – Rest