

## Rookie Training Plan

This plan is meant for a variety of athletes, including modified runners (7<sup>th</sup> and 8<sup>th</sup> grade), runners that have had reoccurring injuries, 1<sup>st</sup> or 2<sup>nd</sup> year runners, or runners that are working on breaking 30 minutes in the 5k this year. If you go to captain's practices, you do not have to stick to this precisely – modify it and run with the group.

**Athletes that should follow this plan:** Patrick, Johnny, Titus, Hench, Stu, Ethan, Yasmin, Mack B., SyAnna, Tallulah, Emma, Brennah, Alexis? All modified athletes need to follow this plan!

Date	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sun
6/29-7/5	10 min easy jog	3 x (5 min jog, 1 min walk)	Off	5 x (3 min jog, 1 min walk)	2 x (7 min easy jog, 1 min walk)	15 min easy jog	Off
7/6-7/12	8 x (1 min easy jog, 1 min walk)	2 x (8 min jog, 2 min walk)	Off	10 min easy jog, 2 min walk, 5 min jog	2 x (3 min jog, 1 min walk, 2 min jog, 1 min walk, 1 min jog, 1 min walk)	20 min easy jog	Off
7/13-7/19	15 min easy jog	4 x (4 min easy jog, 1 min walk)	Off	3 x (6 min jog, 1 min walk)	10 x (1 min fast run, 1 min walk)	20 min easy jog	Off
7/20-7/26	10 x (30s fast run, 90s walk)	15 min easy jog	Off	4 x (5 min jog, 1 min walk)	10 min jog, 2 min walk, 5 min jog, 1 min walk, 5 min jog	25 min easy jog	Off
7/27-8/2	20 min easy jog	5 min jog, 10 x (30s fast uphill run, 90s walk), 5 min cool down jog	Off	15 min easy jog	10 x (90s run, 30s walk)	25 min easy jog	Off

8/3-8/9	20 min easy jog	5 min warm up, 5 x (2 min fast run, 1 min walk) 5 min cool down	Off	15 min easy jog	5 x (4 min run, 1 min walk)	30 min easy jog	Off
8/10-8/16	20 min easy jog	5 min warm up, 5 x (3 min run, 1 min walk), 5 min cool down	Off	15 min easy jog	5 min warm up, rest what you run: 15s, 15s, 30s, 30s, 45s, 45s, 60s, 60 then 5 min cool down	35 min easy jog	Off
8/17-8/23	20 min easy jog	5 min warm up, 10 minutes at a good pace, 5 min cool down	Off	15 min easy jog	5 min warm up, 6 x (30s run, 90s walk), 5 min cool down	35 min easy jog	Off

Descriptions:

**Easy** – an easy run means you can carry on a conversation with someone while you are running. You may be breathing harder than usual, but not even close to being totally exhausted.

**Fast** – this means you are running faster than you are an easy pace. It may be slightly uncomfortable, but the goal is ALWAYS to run relaxed, not hard.

**5 min warm up/cool down** – anything that says warm up or cool down is meant to prepare you to run faster than an easy run, or to help your body cool off after a run. It is nice and easy!

**Rest what you run** – this means that amount of rest is equal to the amount of time you ran. If you run 1 minute fast, that means you have 1 minute of rest.

**Off** – just hang out! If you want to do some other form of exercise, that is strongly encouraged! Don't feel like you need to, however. Our body needs rest – that is our biggest recovery tool in between workouts.

## Intermediate Training Plan

This training plan is designed for athletes that have run XC in the past and are looking to build on the previous season's work. This is catered more towards freshman and sophomores, or juniors that have a history of injury. You may adjust this for your own needs. If you are exhausted and 35 minutes is too long for a long run, cut back to 25 minutes. If you have any questions concerning cutting a day short, etc. just send me or Chi a message.

**Who should use this plan?** Pierce, Cam, Dylan, Dakota, Paul, Braydon, Andrew, Evan, Jenna, Chloe, Mackenzie and NyVeah

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6/29-7/5</b>	25-30 min easy	25-30 min easy + 6x6s hill sprints	35-40 minute long run	25-30 min easy + core	30 min with 10 x (1 min hard, 1 min easy) mid run	25-30 min easy jog + core	Off
<b>7/6-7/12</b>	25-30 min easy	25-30 min easy + 6x8s hill sprints	35-40 minute long run	25-30 min easy + core	25 min with 10 x (20s hard, 40s easy) mid run	25-30 min easy jog + core	Off
<b>7/13-7/19</b>	30-35 min easy + 8x6s hill sprints	10 min w/u, 3 or 4 x (3 min H, 2 min E), 5 min c/d	40-50 minute long run	25-30 min easy + core	10 min w/u, 4x100m sprints w/ full recovery (3-5 minutes), 10-15 min c/d	30-40 min medium long run + core	Off
<b>7/20-7/26</b>	30-35 min easy + 8x8s hill sprints	35 min progression run -> get faster every 5 minutes.	40-50 minute long run	25-30 min easy + core	32-36 min with 6-8 x (30s H, 90s E) mid run	30-40 min medium long run + core	Off

<b>7/27-8/2</b>	30-40 min + 4x6s flat sprints	10 min w/u, 1-2 x (10 min steady w/ 2 min jog rest), 5 min c/d	45-60 minute long run	25-35 min easy + core	30 min including 1 x (15s, 15s, 30s, 30s, 45s, 45s, 60s, 60s hard) w/ equal rest mid run	35-45 min medium long run + core	Off
<b>8/3-8/9</b>	30-40 min easy + 6x6s flat sprints	10 min w/u, 3-4 x (4 min H, 2 min E), 5 min c/d	45-60 minute long run	25-35 min easy + core	10 min w/u, Hill Circuit: 15-20 min of run fast uphill, jog downhill, 10 min c/d	35-45 min medium long run + core	Off
<b>8/10-8/16</b>	30-40 min easy + 4x8s flat sprints	10 min w/u, 2-3 x (3, 2, 1 min H w/ 1 min rest b/w each) 5 min c/d	50-70 minute long run	25-35 min easy + core	10 min w/u, 6 x (100m sprints w/ 3-5 min rest), 10 min c/d	40-50 min medium long run + core	Off
<b>8/17-8/23</b>	30-40 min easy + 6x8s flat sprints	10 min w/u, 15-20 minutes <b>steady</b> , 5 min c/d	50-70 minute long run	30-40 min easy + core	32-40 min with 6-10 x (30s H, 90s E) mid run	40-50 min medium long run + core	Off

**Descriptions:**

**Short sprints:** These are ALL OUT, which means you need 2-3 minutes of rest between each. 6 seconds is not a long sprint, but in order to maintain that speed, you need to fully recover between each one!

**Medium Long Run:** We want to start incorporating these as they really help build endurance. Run them at your regular easy effort.

**Long Run:** This can be a little faster than a typical easy run. If you are feeling good during some of them, you may run the last 15-20 minutes a little faster.

**w/u, c/d:** Warm up and cool down. These are at whatever pace prepares you for a workout, and whatever pace helps your body get back to normal on the cool down!

**Tempo:** 20-30 seconds slower per mile than 5k race pace. Ex. If you run 18:00 for 5k, that is 5:48 pace. Tempo effort would be about 6:08 to 6:18.

**Steady:** This is about the pace you could run for a half marathon. It is slower than tempo pace by about 15-20s. Ex. If tempo pace is 6:08-6:18, steady would be 6:33-6:38.

**Hard:** This does not necessarily mean you are huffing and puffing. It is faster than easy pace but really, I just go on feel for these efforts. The word “Hard” is misleading, we would rather have you feel fast and relaxed.

**Core:** Here are some [core routines](#) and pictures for you from one of the top 5 XC teams in the country. They have pictures, and descriptions of their exercises. We recommend doing them on easy days because the runs are shorter, so you have more time. However, you can feel free to do these routines any day, if you do it after the run. If you do 2 of these strength routines per week, it will help your body prepare for the upcoming season.

If you feel the need to run more than what is on this schedule, we prefer you ask us than just go off on your own. Instead of adding more running, we encourage you to add more by cross training such as swimming, biking, etc.

## Advanced Training Plan

This is for our veterans that are training for not only this XC season, but potentially running distance in college as well. This is for Dom and Micah. The idea is that if you average around 7 minutes per mile, you will be running around 45 miles per week in 6 days. If you are maintaining this and healthy, the next option to add more is either double (multiple runs in a day) or run on Sundays. We can discuss this through the summer – the safe way to add extra is to add on time with cross training (I know Micah is a big swimmer, that helps immensely. Research Alan Webb’s high school training).

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6/29-7/5</b>	30 min easy	30 min easy + 6x6s hill sprints	40 minute long run	30 min easy + core	30 min with 10 x (1 min hard, 1 min easy) mid run	30 min easy jog + core	Off
<b>7/6-7/12</b>	30 min easy	30 min easy + 6x8s hill sprints	47 minute long run	30 min easy + core	35 min with 10 x (20s hard, 40s easy) mid run	35 min medium long run + core	Off
<b>7/13-7/19</b>	35 min easy + 8x6s hill sprints	10 min w/u, 5 x (3 min H, 2 min E), 10 min c/d	54 minute long run	30 min easy + core	10 min w/u, 4x100m sprints w/ full recovery (3-5 minutes), 15 min c/d	40 min medium long run + core	Off
<b>7/20-7/26</b>	35 min easy + 8x8s hill sprints	40 min progression run -> get faster every 5 minutes.	61 minute long run	30 min easy + core	40 min with 8 x (30s H, 90s E) mid run	45 min medium long run + core	Off

<b>7/27-8/2</b>	40 min + 4x6s flat sprints	10 min w/u, 2 x (10 min steady w/ 2 min jog rest), 5 min c/d	68 minute long run	35 min easy + core	40 min including 1 x (15s, 15s, 30s, 30s, 45s, 45s, 60s, 60s hard) w/ equal rest mid run	50 min medium long run + core	Off
<b>8/3-8/9</b>	40 min easy + 6x6s flat sprints	10 min w/u, 5 x (4 min H, 2 min E), 10 min c/d	75 minute long run	35 min easy + core	10 min w/u, Hill Circuit: 20 min of run fast uphill, jog downhill, 10 min c/d	55 min medium long run + core	Off
<b>8/10-8/16</b>	45 min easy + 4x8s flat sprints	10 min w/u, 3 x (3, 2, 1 min H w/ 1 min rest b/w each), 10 min c/d	82 minute long run	35 min easy + core	10 min w/u, 6 x (100m sprints w/ 3-5 min rest), 25 min c/d	60 min medium long run + core	Off
<b>8/17-8/23</b>	45 min easy + 6x8s flat sprints	10 min w/u, 20 minutes <b>steady</b> , 10 min c/d	89 minute long run	35 min easy + core	45 min with 6-10 x (30s H, 90s E) mid run	60 min medium long run + core	Off