

Fiona's Awesome Plan for X-C Running Greatness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 13	off	30 + 6 x 1/1 + 10	40 do some abs, push ups, etc 3 times this week after some of your runs	35 (run the last 15 steady)	off	10 + 30 steady + 5 + 3 x 1/1 + 5	70
Dec. 20	off	30 + 8 x 1/1 + 10 do some abs, push ups, etc 3 times this week after some of your runs	45	30	10 + 3 x 8/3 + 5 + 3 x 1/1 + 5	X-mas Off	75
Dec. 27	off	10 + 5 x 3/2 + 10 do some abs, push ups, etc 3 times this week after some of your runs	50	30 + 8 x 1/1 + 10	40	10 + 30 steady + 5 + 3 x 1/1 + 5	80
Jan. 3	off	ez aerobic workout Winter Hills 6 circuits + strength	55	ez aerobic workout speed 8 x 200/ on 2 mins + strength	40	10 + 20 fast + 5 + 3 x 1.5/1.5 + 5	80
Jan. 10	off	ez aerobic workout Winter Hills 7 circuits + strength	60	ez aerobic workout speed 6 x 300/ on 3 minutes + strength	40	10 + 20 fast + 5 + 3 x 1.5/1.5 + 5 ez aerobic workout + strength	80
Jan. 17	off	Winter Hills 6 circuits + strength	40	off	jog 20 GB 3000m	Jog 15 GB 1500m	40 ez
Jan. 24	off	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 8 x 200/ on 2 minutes + strength	40	10 + 3 x 8/3 + 5 + 3 x 1/1 + 5 ez aerobic workout + strength	80
Jan. 31	off	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 6 x 300/ on 2 minutes + strength	40	10 + 20 fast + 5 + 3 x 1.5/1.5 + 5 ez aerobic workout + strength	80
Feb. 7	off	ez aerobic workout Winter Hills 8 circuits + strength	45	ez aerobic workout speed 6 x 200/ on 2 minutes	30	Jog 15 AB Indoor Games 1500	40 to 60 ez
Feb. 14	off	10 + 15 fast + 5 + 3 x 400/200 jog +5	30 ez + 8 x 100	10 + 4 x 500 race pace/ 5 min + 10	jog 20 + 4 x 100	jog 15 NACAC 4 km X-C	Travel
Feb. 21	jog 40	up to 80	ez aerobic workout 45	Winter Hills 8 circuits + strength	45	10 + 3 x 8/3 + 5 + 3 x 1/1 + 5 ez aerobic workout + strength	80
Feb. 28	off	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 6 x 300/ on 2 minutes + strength		10 + 20 fast + 5 + 3 x 1.5/1.5 + 5 ez aerobic workout + strength	80
Mar. 7	off	ez aerobic workout Winter Hills 6 circuits + strength	45	speed 6 x 200/ on 2 minutes	off	Jog 15 AB Age Class 1500m	40 to 60 ez
Mar. 14	travel	jog + 8 x 100	10 + 15 fast + 5 + 3 x 400/200 jog +5	30 ez + 8 x 100	10 + 4 x 500 race pace/ 5 min + 10	jog 20 + 4 x 100	Jog 15 World X-C

Bill Corcoran
Runquick.com
05/12/2010 (draft one)

- The schedule is guide and represents the maximum you should be doing - you'll probably miss a few workouts along the way - that's ok. Listen to your body; take extra rest when you need it
- Heat Acclimitization - 2 or 3 times a week, run indoors with a base layer, a sweatshirt, and a toque - learn to sweat. Good days - Thursday speed, Saturday tempo (if it's indoors), one other ez aerobic workout
- Ez Aerobic workout - 30 to 40 minute of easy aerobic activity - this can be running, elliptical, swimming, stationary rowing or cycling (go a bit longer is cycling). At least one of these per week should be a run.
- Thursday 200s and 300s - these will be indoors, likely in the GPRC gym
- Tuesday hill workouts - I'll show you how to do these. If it's too cold, change to a TM workout (example - 6 x 3 minutes/2 jog (1 min flat, 1 min at 6 degrees, 1 min flat))
- Sunday long run - if you feel good, it ok to run the last 15 to 20 minutes of the Sunday run a bit quicker
- Week of Feb 14 and Mar 14 - when you're with the National team, they may have other workouts they want to do - that's ok - do there's. The general principle is to keep the intensity up, but the duration short
- Strength - 20 to 30 minutes in the weightroom, based on what Pierce comes up with for you
- I'm gone from Grande Prairie Jan 8 to 18 and end of Jan until the end of March. I will be checking my e-mail, so keep in touch at least twice a week. Also, Rick is here to help