

High School training Sched 2010							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31-aug							DGLW race (optional)
06-sep	Run ez up to 60	10 + 20 hills + 10	30 ez on your own	10 + 4 x 3/2 + 10 + hill sprints	30 ez or Off	Steve Burgess Race or 30 steady	Up to 80 or x-train or rest
13-sep	Run ez up to 60	10 + 25 hills + 10	30 ez on your own	10 + 2000TT + 8 x 1/1 + 10	30 ez or Off	Ft St John Race or 30 steady	Up to 80 or x-train or rest
20-sep	Run ez up to 60	10 + 30 hills + 10	30 ez on your own	10 + 6 x 3/2 + 10 + hill sprints	30 ez or Off	Bezanson Race or 30 steady	Up to 60 or x-train or rest
287sep	Run ez up to 60	10 + 35 hills + 10	30-45 ez on your own	10 + 10 x 1/1 + 10	30 ez or Off	ACAC Race – Edmonton or TR Race	Up to 80 or x-train or rest
4-oct	Run ez up to 60	run ez for 40	Zones Race	10 + 2000TT + 4 x 300 + 10	off	30 steady + hill sprints on your own	Up to 80 or x-train or rest
11-oct	up to 45 ez on your own	10 + shorter hill loops + 10	off	Run 30 ez	jog a bit + 4 strides	ASAA Champs	Wake up in a ditch
0. Don't plan to run in all of the races – take at least 2 or 3 weekends off. Running 2 (or maybe 3) of the races in the first 4 weekends is good enough. If you don't do the race, do 10 + 30 steady + 10 on the off weekend							
1. X-train = weights, cycling, swimming, etc. - something other than running. Keep the intensity reasonable on these days							
2. 2000TT = 2000m time trial (Girls will do 1600m)							
3. 4 x 300 – take about 2 minutes between reps							
4. 30 steady = 30 minutes at a bit slower than your x-c race pace – about ½ marathon effort or a bit quicker							
5. 8 x 1/1 - run 1 minute hard, jog recovery 1 minute - repeat 8 times							
6. 5 x 3/2 = warm up then run 3 minutes hard (a bit quicker than your race pace – about 3-5km race pace), then jog 2 minutes. Repeat the 3/2 pattern 5 times, then cool down							
7. Hill sprints – sprint up a fairly steep hill for about 8 to 10 seconds, walk back down – do about 6 to 8 reps							
9. 10 + 20 hills + 10 – warm up for 10 minutes, run hill circuits for 20 minutes total, cool down for 10 minutes. See http://www.runquick.com/corcorn/hills.html							
Sept 5, 2010							
Bill Corcoran							