

**Cross Country for Jenna
3-sep to Nov 4**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
03-Sep	off	10 + 20 hills + 10	up to 60	10 + 12 x 60/60 + 10	20 + strides	Grimshaw race	up to 75
10-Sep	off	10 + 25 hills + 10	up to 60	10 + 12 x 75/45 + 10	20 + strides	Wap race	up to 75
17-Sep	off	10 + 30 hills + 10	up to 60	10 + 6 x 800 + 10	20 + strides	St Alberta/FSJ race	up to 75
24-Sep	off	10 + 30 hills + 10	up to 60	10 + 12 x 60/60 + 10	20 + strides	Muskoseepi Park	up to 75
01-Oct	off	10 + 35 hills + 10	up to 60	10 + 4 x 1200 + 10	35 + strides	10 + 20 hard + 10	up to 90
08-Oct	off	45	Zones???	10 + 12 x 75/45 + 10	20 + strides	Dawson Creek	up to 75
15-Oct	off	10 + 6 x 90/90 secs + 10	up to 45	off	20 + strides	HS provincials	up to 60
22-Oct	off	10 + 12 x 75/45 + 10	up to 60	10 + 25 hills + 10	35 + strides	10 + 20 hard + 10	up to 75
29-Oct	off	10 + 6 x 90/90seconds + 10	up to 45	off	20 + strides	AA provincials	up to 60

1. Strides = 8 x 100m at a fast but relaxed pace with good form. Run them on grass (i.e. a football field) - Do not time them - concentrate on good form
2. Numbers refer to minutes unless otherwise indicated - pace is comfortable unless otherwise indicated. "Up to" means run anywhere from 0 minutes to the max
3. Change the sequence of days to suit your needs but don't do hard days back to back.
4. 10 + 12 x 60/60 + 10 - Warm up for 10 minutes easy, then run 60 seconds hard, followed by 60 seconds of easy jogging. Repeat the 60/60 pattern 12 times.
5. 6 x 800 and 4 x 1200m - Run at 3km to 5 km race pace with a 400 jog between reps.
6. Weight training on Tuesday, Thursday, and Saturday or Sunday.
7. Possible morning runs (up to 30 minutes) on Tuesday and Thursday starting in late September - let's play it by ear and see???

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Runquick.com
28-Aug-01

Maximum indicated depending on how you feel.

Cool down with 10 minutes of jogging