

Wolves X-C training Sched 2012							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20-Aug	10 + 3 x 3.5, 2 x plyos + 10	30 ez on your own	45 ez on your own	Ez fartlek workout + hill sprints	30 ez or Off	Fairview - Road Race (Optional)	jog a bit
27-Aug	10 + 3 x 3.5, 2 x plyos + 10	30 ez on your own	45 ez on your own	10 + 30 steady + hill sprints +10	30 ez	Up to 80 or x-train or rest	off
03-Sep	Run ez up to 60 on your own	10 + 20 hills + 10	30-40 ez	10 + 4 x 3/2 + 10 + hill sprints	30 ez or Off	Steve Burgess Race	Up to 60 or x-train or rest
10-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	FSJ Race (optional) or 30 steady	Up to 80 or x-train or rest
17-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 80 or x-train or rest
24-Sep	Run ez up to 60	10 + 35 hills + 10	30-45 ez on your own	10 + 2000TT + 6 x 1/1 + 10	30 ez or Off	ACAC Race – Camrose	Up to 60 or x-train or rest
01-Oct	Run ez up to 60	10 + 35 hills + 10	30-45 ez on your own	10 + 1200TT + 12 steady + 1200TT + 10	30 ez or Off	Tumbler Ridge (optional) or 30 steady	Up to 80 or x-train or rest
08-Oct	up to 45 ez on your own	10 + shorter hill loops + 10	30 ez on your own	10 + 2000TT + 6 x 1/1 + 10	30 ez or Off	ACAC Race – Edmonton	Up to 60 or x-train or rest
15-Oct	Run ez up to 60	10 + 35 hills + 10	30-45 ez on your own	10 + 6 x 3/2 + 10 + hill sprints	30 ez or Off	X-C Relay	Up to 70 or x-train or rest
22-Oct	Run ez up to 60	10 + shorter hill loops + 10	20-30 ez on your own	10 + 6 x 1/1 + 10	Off	ACAC Champs – Camrose	x-train or rest
29-Oct	Run ez up to 60	10 + 35 hills + 10	30-45 ez on your own	10 + 2000TT + 4 x 300 + 10	30 ez or Off	10 + 1200TT + 12 steady + 1200TT + 10	Up to 60 or x-train or rest
05-Nov	Run ez up to 45	10 + 3 x 7/3 + 10	20-30 ez on your own	jog a bit or off	jog a bit + strides	CCAA Champs – Montreal	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							
8. 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/corcom/hills.html							
19-Aug-12							
Bill Corcoran							