

Wolves X-C training Sched 2013 (revised July 27, 2013)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29-Jul	10 + drills + 3 x 3, 2 plyos + 10	up to 60 ez	off or 30 ez or x-train	10 + 20 steady/5 + 5 hard + hill sprints + 10	up to 45 ez	Up to 80	off or x-train
05-Aug	10 + drills + 3 x 3, 2 plyos + 10	up to 60 ez	off or 30 ez or x-train	10 + 3 x 10/3 + hill sprints + 10	up to 45 ez	Up to 80	off or x-train
12-Aug	10 +drills + 3 x 3.5, 2 x plyos + 10	up to 60 ez	off or 30 ez or x-train	10 + 30 steady + hill sprints + 10	up to 45 ez	Up to 90	off or x-train
19-Aug	10 +drills + 3 x 3.5, 2 x plyos + 10	up to 60 ez	off or 30 ez or x-train	Ez fartlek workout + hill sprints	off	Fairview OR Edmonton 10K or 20 fast	jog a bit or off or x-train
26-Aug	10 + drills +3 x 4, 2 x plyos + 10	up to 60 ez	off or 30 ez or x-train	10 + 30 steady + hill sprints +10	30 ez	Up to 90	off (DGLW race)
02-Sep	10 + drills +3 x 4, 2 x plyos + 10	up to 45 ez + hill sprints	10 + 20 hills + 10	up to 45 ez	off or xtrain	Steve Burgess Race GP	Up to 80 or x-train or rest
09-Sep	Run ez up to 60	10 + 25 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 + hill sprints	30 ez or Off	Red Deer (A list) or Eaglesham or 30 steady	Up to 80 or x-train or rest
16-Sep	Run ez up to 60	10 + 30 hills + 10	off or 45 ez or x-train	10 + 2000TT + 8 x 1/1 + 10	30 ez or Off	SAIT (full team) (Bezanson)	Up to 60 or x-train or rest
23-Sep	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 + hill sprints	30 ez or Off	Dawson Creek or Amb Chaser(Fri) or 30 steady	Up to 80 or x-train or rest
30-Sep	Run ez up to 60	10 + shorter hill loops + 10	off or 45 ez or x-train	10 + 2000TT + 8 x 1/1 + 10	30 ez or Off	ACAC Race (full team) – Edmonton (Tumb R)	Up to 60 or x-train or rest
07-Oct	up to 45 ez on your own	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1/2 + 10 + hill sprints	30 ez or Off	10 + 30 steady + 10	Up to 80 or x-train or rest
14-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 1200TT + 12 or 20 steady + 1200TT + 10	30 ez or Off	X-C Relay in GP (HS Provs)	Up to 70 or x-train or rest
21-Oct	Run ez up to 60	10 + shorter hill loops + 10	off or 30 ez or x-train	10 + 6 x 1/1 + 10	Off	ACAC Champs – Edmonton	x-train or rest
28-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 2000TT + 4 x 300 + 10	30 ez or Off	10 + 1200TT + 12 or 20 steady + 1200TT + 10 (AA X-C Champs in Calgary)	Up to 60 or x-train or rest
04-Nov	Run ez up to 45	10 + 3 x 7/3 + Hill Sprints +10	off or 45 ez or x-train	jog a bit or off	jog a bit + strides	CCAA Champs – Toronto	Wake up in a ditch
11-Nov	jog a bit - travel	up to 70 minutes	45 + hill sprints	10 + 6-5-4-3-2-2-1-1/2 + 10	30 ez or Off	10 + 30 or 40 steady + hill sprints + 10	Up to 80 or x-train or rest
18-Nov	Run ez up to 45	10 + 3000TT + 4 x 300 + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 + hill sprints	30 ez or Off	10 + 1200TT + 12 or 20 steady + 1200TT + 10	Up to 60 or x-train or rest
25-Nov	Run ez up to 45	10 + 3 x 7/3 + Hill Sprints +10	30 ez or x-train	10 + 6 x 1/1 + 10	jog a bit	AC Champs (A list) - Vancouver	jog a bit
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/corcoran/hills.html							
Bill Corcoran - July 27, 2013							