

Wolves High School X-C training Sched 2013 (revised August 30, 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	<b>Fairview</b> 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	10 + 2 x 15/5 + hill sprints + 10	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	<b>Steve Burgess Race GP</b>	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	<b>Bezanson</b> or 20 steady	Up to 80 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	<b>Dawson Creek</b> or 20 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	<b>Dreamer's Lake X-C</b>	30 ez or Off	up to 80	off
07-Oct	up to 45 ez on your own	20 + a strides or short hills	<b>Zone X-C</b>	10 + 6-5-4-3-2-2-1-1/2 + 10 + hill sprints	30 ez or Off	up to 80	off
14-Oct	Run ez up to 60	10 + 25 hills + 10	off or 45 ez or x-train	20 + a few strides or short hills	20 ez or Off	<b>HS Provs - Drayton Valley</b>	30 ez or x-train or off
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	10 + 1200TT + 12 steady + 1200TT + 10	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	<b>AA X-C Champs in Calgary</b>	Up to 60 or x-train or rest
04-Nov	Run ez up to 45	10 + 3 x 7/3 + Hill Srpints +10	off or 45 ez or x-train	10 + 12 x 1/1 + 10	jog a bit + strides	10 + 1200TT + 12 steady + 1200TT + 10	x-train or rest
11-Nov	up to 80	30 to 40 ez	45 + hill sprints	10 + 6-5-4-3-2-2-1-1/2 + 10	30 ez or Off	10 + 30 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 steady + 1200TT + 10	Up to 60 or x-train or rest
25-Nov	Run ez up to 45	10 + 3 x 7/3 + Hill Srpints +10	30 ez or x-train	10 + 6 x 1/1 + 10	jog a bit	<b>AC Champs (A list) - Vancouver</b>	jog a bit
0. This plan assumes that you're not doing other sports like hockey or vball. If you are, you need to scale back some of these workouts and work it around your other activity. Consider this the MAXIMUM you should be doing							
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 + 20 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. 20 steady = 20 minutes at a bit slower than your x-c race pace – about 10 km effort effort							
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 <a href="http://www.runquick.com/corcoran/hills.html">http://www.runquick.com/corcoran/hills.html</a>							
Bill Corcoran - July 31, 2013							