

Wolves X-C training Sched 2014 (updated August 9, 2014)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04-Aug	off or x-train	10 + drills + 3 x 4, 2 plyos + 10	up to 45 ez	10 + 2 x 10/2 + 5 + hill sprints + 10	off or 40 ez or x-train	60 inc 8 x 1/1	up to 80
11-Aug	off or x-train	10 +drills + 3 x 4, 2 x plyos + 10	up to 45 ez	10 + 15/2 + 10 + hill sprints + 10	off or 40 ez or x-train	60 inc 8 x 1/1	Up to 90
18-Aug	off or x-train	10 +drills + 3 x 4, 2 x plyos + 10	up to 45 ez	20 + 8 x1/1 + hill sprints	off	Fairview 11 or 5.5 km or 20 fast	up to 70
25-Aug	off or x-train	10 + drills + 3 x 4.5, 2 x plyos + 10	up to 45 ez	10 + 25/2 + 5 + hill sprints +10	30 ez	60 inc 8 x 1/1	Up to 90
01-Sep	off or x-train	10 + drills + 3 x 4.5, 2 x plyos + 10	up to 45 ez	10 + 20 hills + 10	off or xtrain	10 + 25/2 + 5 + hill sprints +10	Up to 80 or x-train or rest
08-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	Jog and set up SB Course	Steve Burgess Race GP or Edm ACAC (A list)	Up to 80 or x-train or rest
15-Sep	Run ez up to 60	10 + 30 hills + 10	off or 45 ez or x-train	10 + 2000TT + 6 x 1/1 + 10	30 ez or Off	Ft McMurray ACAC	Up to 45 or x-train or rest
22-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 20 steady	Up to 80 or x-train or rest
29-Sep	Run ez up to 60	10 + shorter hill loops + 10	off or 45 ez or x-train	10 + 2000TT + 6 x 1/1 + 10	30 ez or Off	Calgary ACAC	jog 30 or x-train
06-Oct	Run ez up to 60	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 (Set up course in a.m) + XC Relay - GP	Up to 80 or x-train or rest
13-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 + hill sprints	20 ez or Off	ACAC Champs - Ft McMurray	Up to 70 or x-train or rest
20-Oct	Run ez up to 50	10 + shorter hill loops + 10	off or 30 ez or x-train	10 + 1200 fast + 6 x 1/1 + 10	Off		jog 30 or x-train
27-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 3 x 7/3 + Hill Sprints +10	30 ez or Off	10 + 1200TT + 12 steady + 1200TT + 10	Up to 60 or x-train or rest
03-Nov	Run ez up to 45	10 + shorter hill loops + 10	off or 45 ez or x-train	10 +1200 fast + 6 x 1/1 + 10	jog a bit + strides	CCAA Champs - Calgary	x-train or rest
10-Nov	up to 70	45 + hill sprints	off or 45 ez or x-train	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
17-Nov	Run ez up to 45	10 + 6 x 3/2 +10	off or 45 ez or x-train	10 + 3 x 7/3 + Hill Sprints +10	30 ez or Off	10 + 1200TT + 12 steady + 1200TT + 10	Up to 60 or x-train or rest
24-Nov	Run ez up to 45	10 + 10/5 + 5 + 6 hill sprints + 10	30 ez or x-train	10 +1200 fast + 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 + 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.							
Bill Corcoran - August 7, 2014							