

XC Prep Plan 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apr-14	45	30-35 minutes of hill circuits	60	30 tempo + 3 x 400	30 or xtrain or off	30 + 8 x 200/200 jog + hill sprints	up to 90
Apr-21	45	600 + 8 x 300	40	4 x 1000m (10km pace - not hard!!)	travel and jog	jog + a few strides	Victoria 10 km
28-apr	Travel and jog	Track Workout or run for 50	20 to 35 ez	Track Workout or 40 progressive	30 ez or xtrain or off	Track Workout or 20 steady + a few strides	up to 70
5-may	30 ez or xtrain or off	Track Workout or 10 + 5 x 3/2 + 10	20 to 35 ez	Track Workout or 20 steady + a few strides	30	Help out with the Hershey meet -	Brian Harms 8 km
12-may	30 ez or xtrain or off	Track Workout or run for 50	25 to 40 ez	Track Workout or 45 inc 10 x 1/1	30 ez or xtrain or off	Track Workout or 30 steady + 6 strides	up to 70
19-may	30 ez or xtrain or off	Track Workout or 2 x 10 minutes steady with 5 minute jog	25 to 40 ez	jog + a few strides	off	Press Run 10 km + Help out with ASG Trials meet after	up to 40 ez
26-may	off	Track Workout or run for 50	30 to 45 ez	Track Workout or 10 + 5 x 3/2 + 10	30 ez or xtrain or off	Track Workout or 30 steady + 6 strides	up to 75
2-jun	Jog a bit	Track Workout or 40 progressive	30 to 45 ez	Track Workout or 45 inc 10 x 1/1	30 ez or xtrain or off	Track Workout or 3 x 10/3 steady + 6 strides	up to 75
9-jun	30 ez or xtrain or off	Track Workout or run for 50	30 to 45 ez	Track Workout or 10 + 5 x 3/2 + 10	30 ez or xtrain or off	Track Workout or 30 steady + 6 strides	up to 80
16-jun	jog a bit	Track Workout or 40 progressive	30 to 45 ez	Track Workout or 20 steady + a few strides	30 ez or xtrain or off	Help out with the GP All Comers meet - maybe jump into a race	up to 60
23-jun	30 ez or xtrain or off	Track Workout or run for 50	30 to 45 ez	Track Workout or 45 inc 10 x 1/1	30 ez or xtrain or off	Track Workout or 30 steady + 6 strides	up to 80
30-jul	30 ez or xtrain or off	Track Workout or run for 60	30 to 45 ez	Track Workout or 20 steady + a few strides	30 ez or xtrain or off	Track Workout or 2 x 15/5 steady + 6 strides	up to 90
7-jul	30 ez or xtrain or off	Track Workout or run for 60	30 to 45 ez	Track Workout or 10 + 5 x 3/2 + 10	30 ez or xtrain or off	Track Workout or 30 steady + 6 strides	up to 80
14-jul	30 ez or xtrain or off	Track Workout or run for 60	30 to 45 ez	Track Workout or 10 + 8 x 2/2 + 10	30 ez or xtrain or off	Track Workout or 3 x 10/3 steady + 6 strides	up to 60
21-jul	30 ez or xtrain or off	Track Workout or run for 60	30 to 45 ez	45 inc 10 x 1/1	30 ez or xtrain or off	Track Workout or 30 steady + 6 strides	up to 100
28-jul	30 ez or xtrain or off	Plyos and a few long reps	up to 45	20 steady + a few strides	30 ez or xtrain or off	40 + hill sprints	up to 60
4-aug	30 ez or xtrain or off	Plyos and a few long reps	up to 50	10 steady + a few hill sprints	off	Emperor's Challenge or Half Marathon	off
11-aug	jog a bit	Plyos and a few long reps	up to 55	25 steady + hill Sprints	40	60 inc 10 x 1/1	up to 60
18-aug	30 ez or xtrain or off	Plyos and a few long reps	up to 60	40 + hill sprints	off	Fairview Road Race	up to 70
25-aug	30 ez or xtrain or off	Plyos and a few long reps	up to 60	25 steady + Hill sprints	40	60 inc 10 x 1/1	up to 75
1-sep	School Starts						

0. Schedule assumes you are in GP for the summer and want to do a few road races. If neither, then modify accordingly.

1. Progressive = Start really slow and gradually pick it up. By the end of the run, you should be running briskly, but not full out.

2. Steady or Tempo = faster than your everyday pace - if you ran a 15 km race, this would be the pace you could hold for the whole race

3. Fast = pretty fast - like your xc pace or the pace you could hold for a 5 km race

4. Track Workout - do all or part of the track workout that the A listers are doing. Once or twice a week is probably enough if you choose this option.

5. Plyos and long reps - Contact me for details. This is a series of core and body weight exercises with a few 3 to 5 minute runs in between sets.