

## Mirelle's Awesome Plan for X-C Running Greatness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec. 15		8 x 300 on 3 minutes do some abs, push ups, etc 3 times this week after some of your runs	40	3 x 1000 + 4 x 200 - lap jog between reps	off	30 steady then 3 x 400/2 min rest	up to 60
Dec. 22	off or ez	16 x 200m on 90 seconds do some abs, push ups, etc 3 times this week after some of your runs	45	X-mas Off or ez	30 steady then 3 x 400/2 min rest	45	up to 70
Dec. 29	off or ez	Winter Hills 6 circuits + strength do some abs, push ups, etc 3 times this week after some of your runs	50	up to 80	10 x 200 on 2 minutes	40	30 steady then 3 x 400/ 2 min rest
Jan. 5	off or ez	ez aerobic workout Winter Hills 7 circuits + strength	Travel - WVU trips	60 + strides	10 + 20 fast + 10	Travel - WVU trip	up to 70
Jan. 12	off or ez	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 8 x 300/ on 3 minutes + strength	40	30 steady then 3 x 400/ 2 min rest ez aerobic workout + strength	up to 80
Jan. 19	off or ez	Winter Hills 6 circuits + strength	40	off	jog 20 <b>GB 3000m</b>	Jog 15 <b>GB 1500m</b>	40 ez
Jan. 26	off or ez	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 10 x 200/ on 2 minutes + strength	40	30 steady then 3 x 400/ 2 min rest ez aerobic workout + strength	up to 80
Feb. 2	off or ez	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 8 x 300/ on 3 minutes + strength	40	<b>ACAC #2 - 3000m</b>	up to 60
Feb. 9	off or ez	ez aerobic workout Winter Hills 8 circuits + strength	45	ez aerobic workout speed 10 x 200/ on 2 minutes + strength	40	20 fast + 3 x 300 ez aerobic workout + strength	up to 60
Feb. 16	off or ez	3 x 1000 - 4 mins rest	travel?	10 + 4 x 500 race pace/ 5 min + 10	jog 20 + 4 x 100	jog 15 <b>Pan Am 4 km X-C</b>	Travel
Feb. 23	jog 40	up to 60	ez aerobic workout Winter Hills 8 circuits + strength	30 + a few strides	jog 15 <b>ACAC 3000m</b>	<b>ACAC 1500m</b>	up to 60
Mar. 2	off or ez	ez aerobic workout Winter Hills 8 circuits + strength	60	ez aerobic workout speed 8 x 300/ on 3 minutes + strength	40	30 steady then 3 x 400/ 2 min rest ez aerobic workout + strength	up to 80
Mar. 9	off or ez	ez aerobic workout Winter Hills 7 circuits + strength	50	ez aerobic workout 3 x 600 + 3 x 300 + strength	40	10 hard/5 jog x 3 ez aerobic workout + strength	up to 60
Mar. 16	off or ez	ez aerobic workout Winter Hills 6 circuits + strength	45	ez aerobic workout 1200 + 12 steady + 1200 + 3 x 150	off	3 x 2000m - 4 mins rest	40 to 60 ez
Mar. 23	off or ez	3 x 1000 - 4 mins rest + 3 x 200	travel	10 + 4 x 500 race pace/ 5 min + 10	20 + a few strides	Jog 15 <b>World X-C</b>	

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24/12/2014 (draft two)

- The schedule is guide and represents the maximum you should be doing - you'll probably miss a few workouts along the way - that's ok. Listen to your body; take extra rest when you need it
- Heat Acclimitization - 2 or 3 times a week, run indoors with a base layer, a sweatshirt, and a toque - learn to sweat. Good days - Thursday speed, Saturday tempo (if it's indoors), one other ez aerobic workout
- Ez Aerobic workout - 30 to 40 minute of easy aerobic activity - this can be running, elliptical, swimming, stationary rowing or cycling (go a bit longer is cycling). At least one of these per week should be a run.
- Thursdays - these will be at the Countyplex. Saturdays - these will be at the Countyplex - if cold, run indoors; if warm, run tempo outside, reps indoors
- Tuesday hill workouts - I'll show you how to do these. If it's too cold, change to a TM workout (example - 6 x 3 minutes/2 jog (1 min flat, 1 min at 6 degrees, 1 min flat))
- Sunday long run - if you feel good, it ok to run the last 15 to 20 minutes of the Sunday run a bit quicker
- Week of Feb 16 and Mar 16 - when you're with the National team, they may have other workouts they want to do - that's ok - do there's. The general principle is to keep the intensity up, but the duration short
- Strength - 20 to 30 minutes in the weightroom, based on what Danielle comes up with for you