

Wolves XC Running Spring/Summer Training for Those Not Doing Track

You can't expect to have a great xc season if you start to get in shape in September. Ideally, you should be aiming to show up on September 1 for XC with a great spring/summer base under your belt.

What does this mean? Let's keep this simple – **run a lot and run consistently this summer**. If you can remember that little tidbit, the rest is just detail.

And speaking of details, you can structure your week something like the following

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ez run	Long repeats	Ez run	Pick up run + hill sprints	off	Tempo	Long Run

Ez run – anywhere from 20 to 45 minutes at a conversational pace. Alternatively, if you can x-train on these days by biking or swimming or elliptical, but running is better as it is more specific training.

Long Repeats - workouts like 6 x 3/2 or 4 x 5/2 or 5 x 4/2 or 9 x 2/2

Pick up with hill sprints – Do a progressive run of say 30 minutes where you run the last 8 to 10 minutes at a good clip. One classic variation of this is to run 16 minutes out and see if you can return back to the same spot before 30 minutes (i.e. 14 minutes back). Take a five minute break and then do 6 to 10 hill sprints up a steep hill. Each sprint should be about 8 to 10 seconds. Walk down – take a lot of rest between reps. If you don't have a hill 10 x 100m on a grass field is a good substitute.

Tempo – steady run between 20 and 30 minutes. These shouldn't be soul crushing efforts, but these are not jogs either. Run them about 10 km race pace effort – i.e. what feels like racing a 10 km – which is actually a tad slower than an actual 10 km race ... since you are not actually racing during a tempo run. You can also do these as cruise intervals like 3 x 8 minutes/2 minute jog OR 2 x 10 minutes + 1 x 5 minutes with 2 minute jog OR 15 minute-10 minute-5 minute with 2 minute jogs OR 3 x 10 minutes with 2 minute jogs OR 20 minutes – 5 minutes with a 5 minute jog.

Off – take a day off or if you feel like doing something x-train ez for 30 to 40 minutes ... or if you really feel like running, it's ok to do up to 30 minutes ez.

Other considerations:

1. Alternatively, if you are around GP on Tuesday, Thursday, or Saturday, jump into the track workout we are doing for something different.
2. Doubles? If you have the time and energy to run twice on some days – do it. A few extra 30 minute ez runs a week (or swims or bikes or elliptical sessions are great.)
3. Also, it's a good idea to do a few low key races during the summer to keep things – 5k, 10k or even a half marathon or triathlon.
4. Strength training or weights? Sure, why not, but it needs to be supplementary. You shouldn't be skipping running days to be in the weight room. 20 minutes of core strength 2 or 3 times a week is great – do it after one of your workouts.
5. Remember, keep focused on one simple thing: **run a lot and run consistently this summer**. Now for the tough part, actually doing it consistently. Good luck.