

Bailey's X-C training Sched 2016 (Sept 3, 2016))							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05-Sep	off or x-train	10 + 25 hills + 10	45 ez or x-train	10 + 1600TT + 8 x 1/1 + 10	30 ez or Off	10 + 30 steady + hill sprints	Up to 80
12-Sep	off or x-train	10 + 30 hills + 10	45 ez or x-train	10 + 6 x 3/2 + long hill sprints + 10	30 ez or Off	Wolves Series Dawson Creek	Up to 80
19-Sep	off or x-train	10 + 35 hills + 10	45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10	30 ez or Off	10 + 35 steady + 10 + hill Sprints	Up to 80
26-Sep	off or x-train	10 + shorter hill loops + hill sprints + 10	off or 45 ez or x-train	10 + 2000TT + 8 x 1/1 + 10	Jog a bit	Jog a bit in the a.m. ACAC #3 - Wapiti Nordic - GP	jog 30 or x-train
03-Oct	off or x-train	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10 + hill sprints	30 ez or Off	10 + 40 steady + 10	Up to 80
10-Oct	off or x-train	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 80
17-Oct	off or x-train	10 + shorter hill loops + hill sprints + 10	off or 30 ez or x-train	40 minutes pick up the last 15	Jog a bit	Xterra in Hawaii	jog 30 or x-train
24-Oct	off	up to 60	off or 30 ez or x-train	10 + 1200 fast + 4 x 1/1 + 10	Jog a bit	BC XC Champs	jog 30 or x-train
31-Oct	off or x-train	up to 70	off or 45 ez or x-train	10 + 6 x 3/2 + long hill sprints + 10	30 ez or Off	10 + 30 steady + hill sprints	Up to 80
07-Nov	off or x-train	10 + shorter hill loops + 10	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10 + hill sprints	30 ez or Off	10 + 1200TT + 12 steady + 1200TT + 10	Up to 60
14-Nov	off	10 + shorter hill loops + 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
21-Nov	off	40 minutes pick up the last 15	10 + 3 x 5/2 + Hill Sprints +10	up to 40 + a few strides	Jog a bit	Can XC Champs	jog or off
1. X-train = weights, cycling, swimming, etc. - something other than running. Keep the intensity reasonable on these days							
2. 2000TT = 2000m time trial							
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. 6 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 - Sept 3, 2016							