

Wolves X-C training Sched 2016 (Sept 3, 2016))							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05-Sep	Run ez up to 60	10 + 25 hills + 10	off or 45 ez or x-train	10 + 1600 or 1200TT + 8 x 1/1 + 10	30 ez or Off 30 ez or Off	10 + 30 steady + hill sprints <b>OR Edm ACAC (A list only)</b>	Up to 80 or x-train or rest
12-Sep	Run ez up to 60	10 + 30 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 + long hill sprints + 10	<b>(Volunteer Vball Tournament )</b>	10 + 30 steady + hill sprints <b>(Volunteer Vball Tournament )</b>	Up to 80 or x-train or rest
19-Sep	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10	Jog a bit in the a.m. or off	<b>ACAC #2 - Vermilion</b>	Up to 60 or x-train or rest
26-Sep	Run ez up to 60	10 + shorter hill loops + hill sprints + 10	off or 45 ez or x-train	10 + 2000 or 1600TT + 8 x 1/1 + 10	Jog and set up Course <b>(Volunteer Vball Tournament )</b>	Jog a bit in the a.m. <b>ACAC #3 - Wapiti Nordic (Volunteer Vball Tournament )</b>	jog 30 or x-train
03-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10 + hill sprints	30 ez or Off	10 + 30 steady + 10	Up to 80 or x-train or rest
10-Oct	Run ez up to 60	10 + shorter hill loops + hill sprints + 10	off or 45 ez or x-train	10 + 2000 or 1600TT + 8 x 1/1 + 10	Jog - help to set up course at Wapiti Nordic if you have time	<b>ACAC - Camrose</b>	jog 30 or x-train
17-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	(Set up course in a.m.) + <b>XC Relay - GP - Wapiti Nordic</b>	Up to 70 or x-train or rest
24_oct	Run ez up to 50	10 + shorter hill loops + hill sprints + 10	off or 30 ez or x-train	10 + 1200 fast + 4 x 1/1 + 10	Jog - help to set up course at Wapiti Nordic if you have time	Jog a bit in the a.m. <b>ACAC Champs - Wapiti Nordic</b>	jog 30 or x-train
31-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
07-Nov	Run ez up to 45	10 + shorter hill loops + 10	travel + jog	warm up + 10 steady + 4 x 1/1 + cool down	jog a bit + strides	<b>CCAA Champs - Sault Ste Marie, ON</b>	Celebrate - wake up in a ditch
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. 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.							
9. We have to volunteer scorekeep for a shift or two at Vball on Sept 16/17 and Sept 30/Oct.1							
Bill Corcoran - Sept 3, 2016							