

Summer 2019 XC Prep - Emperor's Challenge							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17-Jun	off or up to 30	20 tempo + 3 x 300	up to 60	6-5-4-3-2-1 with 2 min jog	up to 45	30 tempo + 6 x 100 on the grass, walk back	up to 90
24-Jun	off or up to 45	2 x 10 min Tempo - 3 minute break + 6 x 150 variable pace	up to 60	25 min hill circuits	up to 45	40 tempo + 4 x 100m	up to 90
01-Jul	off or up to 30	30 tempo + 400-300-200	up to 60	6-5-4-3-2-1 with 2 min jog	up to 45	40 tempo + 4 x 100m	up to 105
08-Jul	off or up to 45	2 x 10 min Tempo - 3 minute break + 6 x 150 variable pace	up to 60	10 x 400 on 3 min	up to 45	30 min Hill circuits	up to 90
15-Jul	off or up to 45	30 tempo + 3 x 300m	up to 60	10 x 200/200 walk jog progressive	up to 45	40 tempo + 4 x 100m	up to 120
22-Jul	off or up to 45	30 min Hill circuits	up to 60	6-5-4-3-2-1 with 2 min jog	up to 45	40 tempo + 4 x 100m	up to 90
29-Jul	off or up to 45	30 tempo + 400-300-200	up to 60	15 + 12 x 1/1 + 10	up to 45	30 min Hill circuits	up to 75
05-Aug	off or up to 30	20 min tempo + 6 x 100m	up to 45	30 + a few strides	jog a bit	Emperor's Challenge	recover - drink Beer!