

Wolves X-C training Sched 2019							
(Aug 6, 2019))							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05-Aug	off or up to 30	20 to 30 min tempo + 8 x 100m (walk back)	up to 45	30 + a few strides (EC runners)	jog a bit	Emperor's Challenge or 10 + 30 steady + hill sprints	recover - drink Beer! Or up to 80 or xtrain
12-Aug	Run ez up to 60	jog ez or 10 + 25 hills + 10 + a few hill sprints	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10	30 ez or Off	10 + 25 to 35 steady + 400-300-200	Up to 80 or x-train or rest
19-Aug	Run ez up to 60	10 + 25 hills + 10 + a few hill sprint	off or 45 ez or x-train	10 + 15 x 1/1 + 10	30 ez or Off	10 + 25 to 35 steady + 3 x 300	Up to 80 or x-train or rest
26-Aug	Run ez up to 60	10 + 4 x 5/2 + 4 long hill sprints	off or 45 ez or x-train	10 + 25 hills + 10 + a few hill sprints	30 ez or Off	10 + 30 to 40 steady + hill sprints	Up to 80 or x-train or rest
02-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	10 + 30 to 40 steady + hill sprints OR Edm ACAC #1 (A list only)	Up to 80 or x-train or rest
09-Sep	Run ez up to 60	10 + 30 hills + 10	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10	30 ez or Off	Dawson Creek Race or 10 + 30 to 40 steady + hill sprints	Up to 80 or x-train or rest
16-Sep	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 + long hill sprints + 10	jog a bit	(Help set up and take down course) ACAC #3 - Muskosepi Park	Up to 60 or x-train or rest
23-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 a bit	ACAC #4 - Calgary	jog 30 or x-train
30-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	30 ez or Off	10 + 30 steady + hill sprints	Up to 80 or x-train or rest
07-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 a bit	ACAC #5- Camrose	jog 30 or x-train
14-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 +4 long hill sprints	20 ez or Off	(Help set up and take down course) XC - Relay - Wapiti Nordic	Up to 70 or x-train or rest
21-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 a bit	ACAC Champs - Calgary	jog 30 or x-train
28-Oct	Run ez up to 60	10 + 35 hills + 10	off or 45 ez or x-train	10 + 3 x 7/3 (first 2 mins hard) + Hill Srpints +10	30 ez or Off	10 + 1200TT + 12 steady + 1200TT + 10	Up to 60 or x-train or rest
04-Nov	Run ez up to 45	10 + shorter hill loops + 10	off or 30 ez or x-train	warm up + 10 steady + 4 x 1/1 + cool down	jog a bit + strides	CCAA Champs - Grande Prairie	Celebrate - wake up in a ditch
11-Nov	Run ez up to 60	10 + 6 x 3/2 +10 +4 long hill sprints	off or 45 ez or x-train	10 + 6-5-4-3-2-2-1-1-1/2 + 10	30 ez or Off	10 + 30 steady + hill sprints	Up to 80 or x-train or rest
18-Nov	Run ez up to 60	10 + 3 x 7/3 (first 2mins hard) +4 long Hill Srpints +10	off or 45 ez or x-train	10 + 15 x 1/1 + 10	30 ez or Off	10 + 1200TT + 12 steady + 1200TT + 10	Up to 60 or x-train or rest
25-Nov	Run ez up to 45	10 + 4 x 4/3 (first 2 mins hard) + 4 long hill sprints + 10	off or 30 ez or x-train	warm up + 10 steady + 4 x 1/1 + cool down	jog a bit + strides	AC Nationals - Abbotsford, BC (A list only)	See Nov 10 - repeat
0. Don't plan to run in all of the races – take at least 1 or 2 weekends of racing. 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 may have to volunteer to scorekeep at a few vball tournaments in Sept - TBA							
10. September Challenge - Can you run every day in September!							
Bill Corcoran - Aug 6. 2019							

