

**MCHS XC '21 Last 6 weeks of the Season Training**

<b>Week #</b>	<b>Date</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
6	18-Oct	EZ Run + 4 x 1:00 "Ups"	Pre-Race Day	NBL #4	EZ Run	EZ + 1/2 Speed Day	C-1	OFF or 3-4 Mi EZ
5	25-Oct	Night Tempo	EZ Run	A-2	EZ Run	B-1	OD Run	OFF
4	1-Nov	C-2	EZ Run	D	EZ Run	EZ Run + Tempo	E-1	OFF or 3-4 Mi EZ
3	8-Nov	EZ Run + 4 x 1:00 "Ups"	A-3 (2 x 1 Mi)	EZ Run	Pre-Race Day	NBL Finals	Long EZ Run	OFF
2	15-Nov	A-3 (2 x 1 Mi)	EZ Run	EZ Run + 4 x 1:00 "Ups"	400 > 800 > 400	Pre-Race Day	NCS Finals	OFF or 3-4 Mi EZ
1	22-Nov	EZ Run + 5-6 x 1:00 "Ups"	400-800-400	EZ Run	EZ Run (Thanksgiving)	Pre-Race Day	CIF Finals	OFF

Workout Legend (-1 = 70% rest, -2 = 60% rest, -3 = 50% rest):

     = Hard Effort

A) 800m > 3 X1 Mi > tag 400m

B) 1 mile tempo > 6-8 x 800m

C) 6-7 x 1K

D) Dam Repeats (Spring Lake)

E) 4 X 1 Mile