

**2023 MCHS XC TRAINING (8/13/23) Red Font = Driving to Park or Race Days**

	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles
	T tempo	Channel Dr.	EZ	Howarth Park	Time Trial	MCHS Track	EZ	Howarth Park	Speed	MCHS Track	Over Distance	Park Trail (OYO)	
<b>MCHS XC '23</b> Training Week #1 (Aug 14)  <b>BASE TRAINING PHASE</b> WEEK 1 OF 2	<b>RICHARDSON HILL STEADY TEMPO</b>  Everyone: 1.5 Mi warm-up, drills  <b>Group A)</b> 2-2.5 Mi Tempo effort + 5 x :15 "ups" from base of Hill <b>Group B)</b> 2 Mi Tempo + 5 x :15 "ups" from base of Hill <b>Group C)</b> 1.5-2 Mi Tempo effort + 4 x :15 "ups" from base of Hill		<b>EZ RECOVERY RUN</b>  <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  Everyone meet on Grass: 4 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>3200m TIME TRIAL and STEADY TEMPO</b>  Everyone: 1-1.5 Mi warm-up > Drills  <b>Group A)</b> 4 x 1 Mile Tempo <b>Group B)</b> 3200m Time Trial #1 <b>Group C)</b> 3200m Time Trial #1  Everyone: 50m Frog Jumps, 50m Walk Lunges, 1 mi cool-down (2 laps barefoot)		<b>EZ RECOVERY RUN</b>  <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  Everyone meet on Grass: 4 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>SPEED DAY (Option #1)</b>  Everyone: 1-1.5 Mi warm-up > Drills 5 laps 50m > 50m Accelerations with 300m jog recovery 2 x 150m build-ups with 250m jog recovery 50m Frog Jumps 50m Walk Lunges 10 wall jumps/drops 2 laps barefoot cool-down		<b>OVER DISTANCE RUN</b> Meet Park Trail 8:00 AM  Location: 4836 Park Trail Drive, Santa Rosa, CA 95405  <b>Group A)</b> 10 - 12 Mi <b>Group B)</b> 7.5 - 8 Mi <b>Group C)</b> 6.5 - 7 Mi		
	<b>Group #A Miles:</b>	8.5		6		7		6		5.5		12	45
	<b>Group #B Miles:</b>	7.5		5		5		5		5		8	35.5
	<b>Group #C Miles:</b>	7		4		4.5		4		4		7	30.5
<b>MCHS XC '23</b> Training Week #2 (Aug 21)  <b>BASE TRAINING PHASE</b> WEEK 2 OF 2	<b>RICHARDSON HILL STEADY TEMPO</b>  Everyone: 1.5 Mi warm-up, drills  <b>Group A)</b> 2.0 Mi Tempo effort + 1 Mi FAST back to Ranger Station (+ 2 Mi Cool-Down) <b>Group B)</b> 1.5 Mi Tempo effort + 1 Mi FAST back to Ranger Station (+ 1 Mi Cool-Down) <b>Group C)</b> 1.0 Mi Tempo effort + 1 Mi FAST back to Ranger Station		<b>EZ RECOVERY RUN</b>  <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  Everyone meet on Grass: 4 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>FARTLEKS</b>  Everyone: 1-1.5 Mi warm-up > drills 3:00 Tempo Effort > 2:00 EZ > 1:00 Race Pace <b>Group A)</b> 4 Reps + Tag 400m <b>Group 2)</b> 3 Reps + Tag 400m <b>Group 3)</b> 2 Reps + Tag 300m  Everyone: 1 mi cool-down, including 2 laps barefoot back at MCHS Track		<b>PRE-RACE DAY</b> <u>+ 3200m Time Trial #2</u>  Pre-race Routine at MCHS (Break-up into JV + Varsity Groups; Veterans assist in explaining 3-2-1 Pre-race Routine)		<b>RACE DAY!</b> <b>Rancho HS</b>  Everyone: 1.5-2 Mi Cool-Down (get on the course to cheer your teammates on!)		<b>IMPORTANT! ...This is our fundraising day, so everyone will have to get their OD run OYO or get miles in at run-a-thon</b>		
	<b>Group #A Miles:</b>	9		6		7		5		7		12	46
	<b>Group #B Miles:</b>	7		5		6		3		6		8	35
	<b>Group #C Miles:</b>	6		4		5		3		6		7	31
<b>MCHS XC '23</b> Training Week #3 (Aug 28)  <b>TRANSITION TO COMPETITIVE TRAINING PHASE</b> WEEK 1 OF 3	<b>RICHARDSON HILL TEMPO/HILL SPRINTS</b>  Everyone: 1.5 Mi warm-up, drills  <b>Group A)</b> 1.5 Mi Tempo effort > back to .75 mark > 5 x :20 Hills > + 1 Mi FAST back to Ranger Station (+ 2 Mi Cool-Down) <b>Group B)</b> 1.0 Mi Tempo effort > back to .75 mark > 4 x :20 Hills > + 1 Mi FAST back to Ranger Station (+ 1 Mi Cool-Down) <b>Group C)</b> .75 Mi Tempo effort > 4 x :20 Hills > + last 800m FAST back to Ranger Station		<b>EZ RECOVERY RUN</b>  <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  Everyone meet on Grass: 5 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>NIGHT WORKOUT STARTING AT 7PM</b>  Everyone: 1-1.5 Mi warm-up, drills  <b>Group A)</b> 20 Min. Cut-Down Tempo <b>Group 2)</b> 18-20 Min. Cut-Down Tempo <b>Group 3)</b> 3 Mi Steady Tempo  Everyone: 1 mi cool-down, including 2 laps barefoot		<b>EZ RECOVERY RUN</b>  <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  Everyone meet on Grass: 5 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>SPEED DAY (Option #2)</b> <u>+ 3200m Time Trial #3</u>  Everyone: 1-1.5 Mi warm-up > Drills Break into relay groups of 4: 2 Reps of 5 x 100m at FAST Pace with 5:00 rest in between 50m Frog Jumps 50m Walk Lunges 10 wall jumps/drops 2 laps barefoot cool-down		<b>OVER DISTANCE RUN</b> Meet Park Trail 8:00 AM  Location: 4836 Park Trail Drive, Santa Rosa, CA 95405  <b>Group A)</b> 10 - 12 Mi <b>Group B)</b> 7.5 - 8 Mi <b>Group C)</b> OFF		
	<b>Group #A Miles:</b>	9		6		8		6		6		12	47
	<b>Group #B Miles:</b>	7		5		7		5		8		9	41

Group #C Miles:	5.5		4		6		4		9		0		28.5
MCHS XC '23 Training Week #4 (Sep 4)  TRANSITION TO COMPETITIVE TRAINING PHASE WEEK 2 OF 3	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles
	Tempo	Channel/OYO	EZ	Howarth Park	Tempo	Howarth Park	EZ	Howarth Park	Speed	MCHS Track	RACE DAY!	Martinez	
	<b>RICHARDSON HILL TEMPO SEGMENTS</b> <b>-SCHOOL HOLIDAY, MEET 9AM OR DO OYO-</b> Everyone: 1.5 Mi warm-up, drills <b>Group A)</b> 5 x 3:00 "Ups" at Tempo Effort + 1 Mi FAST back to Ranger Station <b>Group B)</b> 5 x 3:00 "Ups" at Tempo Effort + 1 Mi FAST back to Ranger Station <b>Group C)</b> 5 x 2:00 "Ups" at Tempo Effort + 1 Mi FAST back to Ranger Station		<b>EZ RECOVERY RUN</b> <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  <b>Everyone meet on Grass:</b> 5 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>Everyone:</b> 1-1.5 Mi warm-up, drills <b>Group A)</b> 1 Mi at Race Pace > 1 Mi Tempo > 2 x 800 at Race Pace > Tag 400m <b>Group B)</b> 1 Mi Race Pace > 800m Tempo > 2 x 800 at Race Pace <b>Group C)</b> 800m at Race Pace > 800m Tempo > 2 x 800 at Race Pace <b>Everyone:</b> 1 mi cool-down, including 2 laps barefoot		<b>EZ RECOVERY RUN</b> <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  <b>Everyone meet on Grass:</b> 5 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>PRE-RACE DAY</b>  <b>Pre-race Routine at MCHS</b> (Break-up into F/S, JV, Varsity Race Groups; Assigned Team Captains lead Pre-race Routine)  <u>+ FINAL 3200m Time Trial #4</u>		<b>RACE DAY! ED SIAS INVITE</b>  <b>Everyone: 2-2.5 Mi Cool-Down</b> <b>AFTER your race (get on the course</b> <b>to cheer-on teammates!)</b>		
Group #A Miles:	9		6		8		6		4		7		40
Group #B Miles:	7		5		7		5		3		5.5		32.5
Group #C Miles:	5.5		4		5		4		3		5		26.5
MCHS XC '23 Training Week #5 (Sep 11)  TRANSITION TO COMPETITIVE TRAINING PHASE WEEK 3 OF 3	Mon		Tue		Wed		Thu		Fri		Sat		Total Miles
	Tempo	Howarth Park/MCHS	EZ	Howarth Park	Tempo	Montecito Park	EZ	Howarth Park	Speed	MCHS Track	Over Distance	LA/Spring Lake	
	<b>SPLIT ROSTER WORKOUT:</b> Everyone: 1-1.5 Mi warm-up, drills <b>Viking Invite Roster:</b> 2 x 800m > 1 Mile Tempo > 2 x 800m (all on Spring Lake Course) <b>Woodbridge Roster:</b> (NIGHT WORKOUT <u>STARTING AT 7PM</u> ): 800m > 1 Mi > 800m on MCHS Track		<b>EZ RECOVERY RUN</b> <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  <b>Everyone meet on Grass:</b> 5 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>Everyone:</b> 1-1.5 Mi warm-up, drills; all groups start together: 1:00 "ups" at race pace with 3:00 EZ jog recovery in between: <b>Group A)</b> 6 reps <b>Group B)</b> 5 reps <b>Group C)</b> 5 reps  <b>Everyone:</b> 1 mi cool-down, including 2 laps barefoot on MC Track		<b>EZ RECOVERY RUN</b> <b>Group A)</b> 5-6 Mi <b>Group B)</b> 4-5 Mi <b>Group C)</b> 3-4 Mi  <b>Everyone meet on Grass:</b> 5 x 80m Strides 10 Min Core Routine 10-15 Min Stretching		<b>PRE-RACE DAY</b>  <b>Split -Squad:</b> <b>Woodbridge Roster:</b> Travel <b>Viking Invite Roster:</b> Pre-race Routine at MCHS (Break-up into Race Groups; Assigned Team Captains lead Pre-race Routine)		<b>RACE DAY! WOODBRIDGE OR</b> <b>VIKING INVITE</b>  <b>Everyone: 2-2.5 Mi Cool-Down</b> <b>AFTER your race (get on the course</b> <b>to cheer-on teammates!)</b>		
Group #A Miles:	9		6		8		6		4		7		40
Group #B Miles:	7		5		7		5		3		6		33
Group #C Miles:	5.5		4		6		4		3		5		27.5