

Fall '23 Week (starting Mon) as of 9/24/23	* MCHS XC '23 TRAINING * (Note Mileage and Workout Content intended for Varsity Level; adjustments will be made for each workout)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Mileage Totals
#6 Sep 18	Training Focus This Week: Recovery from Viking/Woodbridge + Intro to VO2-Max Interval Phase (week #1 of 6 weeks!)	5	7	5	7	5	9	0	38
		EZ	800 (A)	EZ	FARTLEK (B)	SPEED A	OD	OFF	
#7 Sep 25	Training Focus This Week: Solid workout week + 1st NBL Meet vs. Piner at Spring Lake (week #2 of 6 week VO2-Max Phase)	7	5	7	5	6	9	0	39
		1600 (A)	EZ	NBL #1 vs. PHS	EZ	FARTLEK (C)	OD	OFF	
#8 Oct 2	Training Focus This Week: Get ready for Clovis + NBL #2 vs. Windsor on MC Campus (week #3 of 6 week VO2-Max Phase)	7	5	7	5	7	6	4	41
		1K (A)	EZ	NBL #2 vs. WHS	EZ	Pre-Race	CLOVIS!	EZ	
#9 Oct 9	Training Focus This Week: Recovery from Clovis + NBL #3 vs. Monty at Spring Lake (week #4 of 6 week VO2-Max Phase)	7	5	7	5	7	10	0	41
		EZ + 5 x :30 surges	Girls Pre-Race Boys EZ	NBL #3 vs. MHS Girls NBL #3 vs. MHS Boys	EZ	Girls Tempo Boys 1K (B)	OD	OFF	
#10 Oct 16	Training Focus This Week: Solid Workout week + [last] NBL #4 vs. Rosa at Spring Lake (week #5 of 6 week VO2-Max Phase)	8	5	7	5	6	8	0	39
		Girls 1600 (B) Boys EZ	Girls EZ Boys Pre-Race	NBL #3 vs. SRHS Girls NBL #3 vs. SRHS Boys	EZ	SPEED (TBD)	Richardson Tempo	OFF	
#11 Oct 23	Training Focus This Week: Solid Workout week + [last] NBL #4 vs. Rosa at Spring Lake (week #6 of 6 week VO2-Max Phase)	7	6	8	5	7	10	0	43
		800 (B)	EZ	Tempo	EZ	SL Dam Repeats	OD	OFF	
#12 Oct 30	Training Focus This Week: Begin Sharpening + Taper Phase next 4 weeks + NBL Championships (week #1 of 4 week Sharpening/Taper Phase)	6	5	5	3	6	9	4	38
		Progressive 5K	EZ	3 x 1:00 "ups" at 5K	Pre-Race	NBL Finals	EZ	EZ	
#13 Nov 6	Training Focus This Week: Continue Sharpening + Taper Phase > 2 Mile Time Trial (week #2 of 4 week Sharpening/Taper Phase)	7	5	6	5	6	7	0	36
		800 (A)	EZ	Tempo	EZ	3200m TT or 1K (C)	EZ	OFF	
#14 Nov 13	Training Focus This Week: NCS Championships Prep (fast reps/more rest) (week #3 of 4 week Sharpening/Taper Phase)	6	5	6	5	3	6	4	35
		3 x 800	EZ	5 x 1:00 "ups" at 5K	EZ	Pre-Race	NCS	EZ	
#15 Nov 20	Training Focus This Week: State Championships Prep (fast reps/more rest) (week #4 of 4 week Sharpening/Taper Phase)	5	6	5	5	3	6	4	34
		EZ	5-7 x 1:00 "ups" at 5K	EZ	EZ	Pre-Race	STATE	EZ	

Workout Legend:

800 A	5-6 x 800 at VO2-Max w/recovery at 80% of run time
800 B	6-7 x 800 at VO2-Max w/recovery at 80% of run time
800 C	6-7 x 800 at VO2-Max w/recovery at 75% of run time
1K A	4-5 x 1K at VO2-Max w/recovery at 80% of run time
1K B	5-6 x 1K at VO2-Max w/recovery at 75% of run time
1K C	5-6 x 1K at VO2-Max w/recovery at 70% of run time
1600 A	3 X 1600 with 3:00 standing recovery in between
1600 B	3 X 1600 + 800 with 3:00 standing recovery in between
1600 C	4 X 1600 with 3:00 standing recovery in between
Blend	Any combo of 1600-1K-800 blend of Tempo/VO2-Max pace
FARTLEK A	10-12 x 1:00 at 5K pace (1:00 EZ recovery)
FARTLEK B	2 x 3:00 (2:00) > 2:00 (2:00) > 1:00 (1:00) > :45 (2:00)
FARTLEK C	3 x 3:00 (2:00) > 2:00 (2:00) > 1:00 (1:00) > :45 (2:00)
FARTLEK D	2 x 4:00 (3:00) > 3:00 (2:00) > 2:00 (2:00) > 1:00 (1:00)
Progressive 5K	1K EZ > 1K Tempo > 1K 10K > 1K 5K > 1K FAST!
Speed A	5 Laps with 50m/50m accelerations > plyometrics
Speed B	400 - 800 - 400
Speed C	16 x 200 (at 3200m race pace)
Speed D	12 x 400 (first 300m at 5K pace, last 100 sprint)