

* MCHS XC '24 TRAINING * Note: Mileage/Workout Content intended for Varsity Level; individualized adjustments will be made for each workout! (Revision 8/28/24)	TRAINING PHASE	MON	TUE	WED	THU	FRI	SAT	SUN	Weekly Mileage Totals
WEEK #1 Aug 12	Base Wk 1 of 2	7	5	6	5	4.5	9	0	36.5
		Rich Hill A	EZ + Core	Tempo V: 6 x 1K / JV 6 x 800	EZ + Core	TT + Speed Day + Weights	OD	OFF	
WEEK #2 Aug 19	Base Wk 2 of 2	7	5	7	6	4.5	9.5	0	39
		Rich Hill A	EZ + Core	3-4 Mi Progressive Cut-Down	EZ + Core	TT + Speed Day + Weights	OD	OFF	
WEEK #3 Aug 26	Transition Wk 1 of 3	7	6	6	3	6	10	0	38
		800 B	EZ + Core	1K A + Weights	Pre-Race	RANCHO INVITE	OD	OFF	
WEEK #4 Sep 2	Transition Wk 2 of 3	6.5	6	6	6	6.5	10.5	0	41.5
		Rich Hill A	EZ + Core	5K Progressive Cut-Down + Weights	EZ + Core	FARTLEK C + Weights	OD	OFF	
WEEK #5 Sep 9	Transition Wk 3 of 3	7	6	6	5	3	5	4	36
		SL Dam Repeats B/C	EZ + Core	Speed A + Weights	EZ + Core	Pre-Race	ED SIAS / VIKING	EZ	
WEEK #6 Sep 16	Competition Wk 1 of 8	5	6	5	5	3	9	4	37
		1K B + Weights	EZ + Core	FARTLEK A + Weights	EZ + Core	Pre-Race	WOOD-BRIDGE	EZ	
WEEK #7 Sep 23	Competition Wk 2 of 8	5	7	7	5	6	11	0	41
		EZ + Weights	1K A	FARTLEK E + Weights	EZ	3-4 Mi Progressive Cut-Down (7pm)	OD	OFF	
WEEK #8 Sep 30	Competition Wk 3 of 8	5	3	7	5	7	11	0	38
		EZ	Pre-Race	NBL #1 AHS/MHS	EZ	1600 C + Weights	OD	OFF	
WEEK #9 Oct 7	Competition Wk 4 of 8	3	5	5	4	7	8	0	32
		Pre-Race	NBL #2 SRHS/WHS	FARTLEK E	Pre-Race	CLOVIS INVITE	OD	OFF	
WEEK #10 Oct 14	Competition Wk 5 of 8	5	4	7	5	7	11	0	39
		Speed Day + Weights	Pre-Race	NBL #3 SRHS/MHS	EZ	800 C + Weights	OD	OFF	
WEEK #11 Oct 21	Competition Wk 6 of 8	7	6	7	5	7	11	0	43
		1600 C	EZ	Tempo (TBD) + Weights	EZ	Speed Day + Weights	OD	OFF	
WEEK #12 Oct 28	Competition Wk 7 of 8	7	6	6	5	6	11	0	41
		SL Dam Repeats C+ Weights	EZ	1K A + Weights	EZ	3-4 Mi Progressive Cut-Down (7pm)	OD	OFF	
WEEK #13 Nov 4	Competition Wk 8 of 8	6	5	5	5	3	9	4	37
		Rich Hill B/C	EZ	FARTLEK E + Weights	EZ	Pre-Race	NBL FINALS	EZ	
WEEK #14 Nov 11	Sharpen Wk 1 of 3	7	5	5	5	3	7	0	32
		Speed A + Weights	EZ	FARTLEK E + Weights	EZ	Pre-Race	3200m TT	OFF	
WEEK #15 Nov 18	Sharpen Wk 2 of 3	6	5	6	5	3	6	4	35
		1600 B	EZ	Speed C	EZ	Pre-Race	NCS FINALS	EZ	
WEEK #16 Nov 25	Sharpen Wk 3 of 3	5	6	5	5	3	6	0	30
		EZ	800 D	EZ	FARTLEK E	Pre-Race	STATE FINALS	OFF	

Workout Legend:	
EZ	4-6 Miles EZ > 4 x 50m Strides > Core > Mobility/Stretch
Pre-Race	2.5 Mi Warm-up > Drills > 3 x 150m practice starts and/or 3 laps with 100m passing drill
Speed Day	2.0 Mi Warm-up > Drills > 5 laps with "Ralphinas" > 4 x :20 "Ralphs" > Plyometrics > Upper Body Weights
OD Run	7-12 Mi Steady Long Runs (Progression + .5 Mi/wk, good to add 4 x :20-:30 random "surges" at 5K race pace)
Rich Hill A	1.5 -2.0 Mi steady Tempo effort + 4-5 x :15 "ups" at bottom or Channel (also option = Fountain Grove Hill)
Rich Hill B	1.5 Tempo up > down > 1 Mi. FAST to Ranger Gate (option: add 4 x :15 "ups" at base of hill or [harder] at "J")
Rich Hill C	5-6 x 3:00 or 4-5 x 4:00 at 5K Race Pace effort > rest 2:00 in between
Rich Hill D	7-10 x random mix of :30, :45, 1:00 Fast up from bottom of Hill
Rich Hill Time Trial	2.0 Mi up Rich Hill PR time (BOYS: Gold = <14:00>, Green = <14:30> / GIRLS: Gold = <16:30>, Green <17:00>)
800m A	4-7 x 800 at Tempo effort w/recovery at 2:00/2:30 in between
800m B	5-7 x 800 at combo of Tempo / Race Pace w/recovery at 80% of run time
800m C	5-7 x 800 at Race Pace w/recovery at 80-75% of run time
800m D	4 x 800 at Race Pace+ w/recovery = HR = 120 BPM
800 5K Race Sim	7 x 800 at Race Pace w/recovery 1:30
1K A	1-2 x 1K at Tempo Pace > 1 x 1K at Race Pace with 3:00 walk recovery in between
1K B	4-5 or 6-7 x 1K at Race Pace+ w/recovery at 80% of run time
1K C	4-5 or 6-7 x 1K at Race Pace+ w/recovery at 75% of run time
1K D	4 x 1K at Race Pace + w/recovery at 75-70% of run time
5K Progressive Cut-Down	1K EZ > 1K Tempo > 1K 10K Pace > 1K Race Pace > 1K FAST!
1K 5K Race Sim	6 x 1K with 1:30 standing rest
1600 A	3-4 x 1600 at Tempo effort w/recovery 3:00 in between
1600 B	1 x Tempo 1600 > 1-2 x 1600 at Race Pace
1600 C	3-4 x 1600 at Race Pace w/recovery 2:30-3:00 in between
1600 D	800 > 3 X 1600 + 800 at Race Pace with 2:30/3:00 standing recovery in between
3-4 Mi Progressive Cut-Down	1600 targets (based on Race Pace): 1) 5% slower > 2) 2.5% slower > 3) Race pace > 4) 2.5-5% Race Pace+
1600 5K Race Sim	3 x 1600 with 200 slow jog recovery
SL Dam Repeats A	5-8 x full dam loop with ~150m accelerations top of dam between 1st bench > last bench
SL Dam Repeats B	2 x 200m > 3 x 400m > 2 x 200m
SL Dam Repeats C	5-8 x 400m + 4 x 200m
FARTLEK A	8 x 1:00-1:30 alternate between Tempo effort and 5K Pace
FARTLEK B	10-12 x 1:00 at 5K pace (1:30-2:00 EZ jog recovery in between)
FARTLEK C	2-3 x 3:00 (2:00 recovery jog) > 2:00 (2:00) > 1:00 (1:00) > :45 (2:00)
FARTLEK D	2 x 4:00 (3:00 recovery jog) > 3:00 (2:00) > 2:00 (2:00) > 1:00 (1:00)
FARTLEK E	5-7 x 1:00 at Race Pace+ (1:30-2:00 EZ recovery in between)
Speed A	8-12 x 400 (option to make first 300m at 5K pace, last 100 sprint)
Speed B	16 x 200 (at 3200m race pace)
Speed C	400 - 800 - 400 faster than Race Pace with rest = run time