

2021 XC Prep

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21-Jun	off or xtrain or up to 30 ez	45 to 60	10 + 6 x 3/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 20 tempo + 6 x hill sprint + 10	Long Run - up to 75
28-Jun	off or xtrain or up to 30 ez	45 to 60	10 + 4 x 5/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 20 tempo + 6 x hill sprint + 10	Long Run - up to 75
5-Jul	off or xtrain or up to 30 ez	45 to 60	10+ 6-5-4-3-2-1/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 20 tempo + 8 x hill sprint + 10	Long Run - up to 80
12-Jul	off or xtrain or up to 30 ez	45 to 60	10 + 6 x 3/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 25 tempo + 8 x hill sprint + 10	Long Run - up to 80
19-Jul	off or xtrain or up to 30 ez	45 to 60	10 + 4 x 5/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 25 tempo + 10 x hill sprint + 10	Long Run - up to 80
26-Jul	off or xtrain or up to 30 ez	45 to 60	10+ 6-5-4-3-2-1/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 25 tempo + 10 x hill sprint + 10	Long Run - up to 90
2-Aug	off or xtrain or up to 30 ez	45 to 60	10 + 6 x 3/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 30 tempo + 10 x hill sprint + 10	Long Run - up to 90
9-Aug	off or xtrain or up to 30 ez	45 to 60	10 + 4 x 5/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 30 tempo + 10 x hill sprint + 10	Long Run - up to 90
16-Aug	off or xtrain or up to 30 ez	45 to 60	10+ 6-5-4-3-2-1/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 30 tempo + 10 x hill sprint + 10	Long Run - up to 90
23-Aug	off or xtrain or up to 30 ez	45 to 60	10 + 6 x 3/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 30 tempo + 10 x hill sprint + 10	Long Run - up to 90
30-Aug	off or xtrain or up to 30 ez	45 to 60	10+ 6-5-4-3-2-1/2 + 10	45 to 60	20 to 40 ez or xtrain	10 + 30 tempo + 10 x hill sprint + 10	Long Run - up to 90

Race Week

Week before	off or xtrain or up to 30 ez	10 + 12 x 1/1 + 10	30	30 pick up the last 15	off	20 + 4 x 100	Race
Week after	off	30 + 6 x 100	resume regular schedule				

1. We'll meet as a group - Tuesdays T.B,A, and Saturdays at 9:30 a.m. at the Rotary Track
2. These workouts are maximums - you may not be at this level in terms of workout volumes or days per week - that's ok - try to follow the pattern
3. If you decide to do a road race or trail race, substitute the Race Week schedule for that week's scheduled workout
4. Hill Sprint - a 10 to 12 second uphill sprint with a long, slow walk down between reps - you shouldn't be out of breath when you start the next rep.

updated June 21, 2021