

2021 XC Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-Aug	ez run	w/u + 20 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	w/u + 3/2 + 8 x 1/1 + 3/2 + c/d	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	up to 75 ez
6-Sep	up to 60 ez	w/u + 20 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	w/u + 6 x 3/2 + c/d	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	up to 75 ez
13-Sep	up to 60 ez	w/u + 25 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	long warm up + 12 sprint hills	off or x-train or ez run + a few strides	ACAC #1 - Med Hat	off or x-train or up to 45 ez
20-Sep	up to 60 ez	w/u + 30 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	w/u + 6-5-4-3-2-1/2 + c/d	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	up to 75 ez
27-Sep	up to 60 ez	w/u + Big Hills + c/d	off or x-train or up to 40 ez	long warm up + 12 sprint hills	off or x-train or ez run + a few strides	ACAC #2 - Camrose	off or x-train or up to 45 ez
4-Oct	up to 60 ez	w/u + 30 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	w/u + 6 x 3/2 + c/d	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	up to 75 ez
11-Oct	up to 60 ez	w/u + Big Hills + c/d	off or x-train or up to 40 ez	long warm up + 12 sprint hills	off or x-train or ez run + a few strides	ACAC #3 - Calgary	off or x-train or up to 45 ez
18-Oct	up to 60 ez	w/u + 30 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	w/u + 6-5-4-3-2-1/2 + c/d	off or x-train or ez run + a few strides	w/u + 4/3+ tempo + 4/3 + 6 x strides	up to 75 ez
25-Oct	up to 45 ez	w/u + Big Hills + c/d	off	long warm up + 8 sprint hills	off or x-train or ez run + a few strides	ACAC Champs - Camrose	off or x-train or up to 45 ez
1-Nov	up to 60 ez	w/u + 30 mins hill loops + sprint hills + c/d	off or x-train or up to 40 ez	w/u + 6-5-4-3-2-1/2 + c/d	off or x-train or ez run + a few strides	w/u + 4/3+ tempo + 4/3 + 6 x strides	up to 60 ez
8-Nov	up to 45 ez	w/u + 25 mins hill loops + sprint hills + c/d	off	w/u + 8 x 1/1 + c/d	ez run + a few strides	CCAA Champs - Calgary	off

0. Subject to change - I may tweak the workouts a bit as we go along depending upon how you are handling the load.

1. We'll meet as a group on Mondays, Tuesdays, Thursdays, and Saturdays (Sats may be a race)

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. We might do the Eagle Butte XC Race on Spet 25 and/or the Panthers XC on October 23 instead of the Scheduled Saturday workout.

4. Sprint Hills - 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.

5. 20 mins hill loops - This a 20 minute run at a good clip, with some jogging parts, over hilly terrain

6. Big Hills - This will involve running up and down longer, steeper hills for a number of reps.

7. 6 x 3/2 - Afer warm up, run 3 minutes hard, then take a 2 min jog recovery. Repeat 6 times. Then cool down.

8. 6-5-4-3-2-1/2 - 6 minutes hard, 2 min jog, then 5 minutes hard, then 2 min jog, then 4 minutes hard, 2 min jog, etc.

9. 12 x 1/1 - 1 minute hard, 1 minute jog - repeat 12 times

10. w/u = warm up c/d = cool down

updated August 31, 2021