

## 2022 XC Season

|        | Monday                                    | Tuesday   | Wednesday                     | Thursday  | Friday                                   | Saturday   | Sunday                        |
|--------|---|---|-------------------------------|---|--|--|-------------------------------|
| 29-Aug | <b>MHC Combine and Athlete's O</b>        | up to 60 mins + a few strides                                 | off or x-train or up to 40 ez | w/u + 25 mins of graveyard loops + a few hill sprints                           | off or x-train or ez run + a few strides | w/u + tempo + hill sprints                             | up to 75 ez                   |
| 5-Sep  | run with Brannon's thing - up to 15 km ez | w/u + 25 mins of graveyard loops + a few hill sprints         | off or x-train or up to 40 ez | long warm up + 10 tempo + a few reps around the start finish of the race course | off or x-train or ez run + a few strides | <b>ACAC #1 - Med Hat</b>                               | up to 75 ez                   |
| 12-Sep | up to 60 ez                               | w/u + 30 mins of graveyard loops + a few hill sprints         | off or x-train or up to 40 ez | w/u + 6 x 3/2 + a few strides at the end  | off or x-train or ez run + a few strides | <b>ACAC #2 - Calgary</b> or w/u + tempo + hill sprints | off or x-train or up to 45 ez |
| 19-Sep | up to 60 ez                               | w/u + 30 mins of graveyard loops + a few hill sprints         | off or x-train or up to 40 ez | w/u + 6-5-4-3-2-3x1/2 + a few strides at the end                                | off or x-train or ez run + a few strides | <b>Eagle Butte XC</b> or w/u + tempo + hill sprints    | up to 75 ez                   |
| 26-Sep | up to 60 ez                               | w/u + 20 mins of graveyard special loops + a few hill sprints | off or x-train or up to 40 ez | long warm up + 10 tempo + a few reps around the start finish of the race course | off or x-train or ez run + a few strides | <b>ACAC #3 - Edmonton</b>                              | off or x-train or up to 45 ez |
| 3-Oct  | up to 60 ez                               | w/u + 30 mins of graveyard loops + a few hill sprints         | off or x-train or up to 40 ez | w/u + 6 x 3/2 + a few strides at the end  | off or x-train or ez run + a few strides | w/u + tempo + hill sprints                             | up to 75 ez                   |
| 10-Oct | up to 60 ez                               | w/u + 20 mins of graveyard special loops + a few hill sprints | off or x-train or up to 40 ez | long warm up + 10 tempo + a few reps around the start finish of the race course | off or x-train or ez run + a few strides | <b>ACAC #4 - Calgary</b>                               | off or x-train or up to 45 ez |
| 17-Oct | up to 60 ez                               | w/u + 35 mins of graveyard loops + a few hill sprints         | off or x-train or up to 40 ez | w/u + 3 x 7+ 1/1 + a few strides  | off or x-train or ez run + a few strides | w/u + 4/3+ tempo + 4/3 + 6 x strides                   | up to 75 ez                   |
| 24-Oct | up to 45 ez                               | w/u + 20 mins of graveyard special loops + a few hill sprints | off                           | w/u + 8 x 1/1 + a few finish reps + c/d   | off or x-train or ez run + a few strides | <b>ACAC Champs - Edmonton</b>                          | off or x-train or up to 45 ez |
| 31-Oct | up to 60 ez                               | w/u + 30 mins of graveyard loops + a few hill sprints         | off or x-train or up to 40 ez | w/u + 3 x 7+ 1/1 + a few strides  | off or x-train or ez run + a few strides | w/u + 4/3+ tempo + 4/3 + 6 x strides                   | up to 60 ez                   |
| 7-Nov  | up to 45 ez                               | w/u + 15 tempo on the course + a few start reps               | off                           | w/u + 8 x 1/1 + a few finish reps + c/d   | ez run + a few strides                   | <b>CCAA Champs - Med Hat</b>                           | 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. On Sept 17 I'll take a few runners to Calgary - the rest of the team will do a workout at MHC. On Sept 24, we will meet at Echodale, some will run the EB XC, others will do a 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. 25 mins graveyard loops - This a 25 minute run at a good clip, with some jogging parts, over hilly terrain

6. Graveyard specials - these will be 6 to 10 minute runs over hilly terrain with 3 or 4 minutes recovery

7. 6 x 3/2 - After 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. 8 x 1/1 - 1 minute hard, 1 minute jog - repeat 8 times

10. 3 x 7+1/1 - Run 7 minutes hard, 1 minute rest, run 1 minute hard, 1 minute rests - repeat this pattern three times

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

updated August 31, 2022