2023 XC Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28-Aug			MHC Combine and Athlete's O	w/u + 25 mins of graveyard loops + a few hill sprints	off or x-train or ez run + a few strides	Park Run	up to 75 ez
4-Sep	up to 60 ez	w/u + 25 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	**ACAC #1 - Edmonton** OR Park Run	up to 75 ez
11-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	long warm up + 10 tempo + a few reps around the MHC Campus	off or x-train or ez run + a few strides	**ACAC #2 - Calgary**	off or x-train or up to 45 ez
18-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	**Eagle Butte XC** or w/u + tempo + hill sprints	up to 75 ez
25-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 campus	off or x-train or ez run + a few strides	**ACAC #3 - Lethbridge**	off or x-train or up to 45 ez
2-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 + 30 mins of College Ave hills + a few strides	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	up to 75 ez
9-Oct	up to 60 ez	w/u + 30 mins of College Ave hills + a few strides	off or x-train or up to 40 ez	long warm up + 10 tempo + a few reps around the campus	off or x-train or ez run + a few strides	**ACAC #4 - Camrose**	off or x-train or up to 45 ez
16-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
23-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	**ACAC Champs - Edmonton**	off or x-train or up to 45 ez
30-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	Park Run	up to 60 ez
6-Nov	up to 45 ez	w/u + 15 tempo around the campus + a few start reps	Travel Day to Nationals	w/u + 8 x 1/1 + a few finish reps + c/d	ez run + a few strides	**CCAA Champs - Truro, Nova Scotia**	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 9 I'll take a few runners to Calgary - the rest of the team will can do a workout on their own or the Park Run.

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. College Avenue Hills - these are long up and downhills - good prep for the long hill in Camrose

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. 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