

2024 XC Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26-Aug			w/u + 6-5-4-3-2-3x1/2or1 + a few strides at the end	MHC Combine and Athlete's O	off or x-train or ez run + a few strides	Park Run	up to 75 ez
2-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
9-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 + 3 x (7/1/1/1) + a few strides	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	off or x-train or up to 45 ez
16-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 #3 - Lethbridge	up to 75 ez
23-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 #4 - Calgary	off or x-train or up to 45 ez
30-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 + 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
7-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
14-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
21-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
28-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
4-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 7 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 - 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
11. w/u = warm up c/d = cool down

updated August 28, 2024