

2025 XC Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25-Aug			w/u + 6-5-4-3-2-3x1/2or1 + a few strides at the end	MHC Combine and Athlete's O	30 easy	Park Run OR 30 tempo + 3 x 1/1	up to 75 ez
1-Sep	up to 60 ez - Holiday Monday a.m. practice	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 - Travel to Edmonton	ACAC #1 - Edmonton OR Park Run + 3 x 3/3	up to 75 ez
8-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 - Team Dinner at Taco Time at 6 p.m.	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
15-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 MHC Campus	off or x-train or ez run + a few strides	ACAC #2 - Lethbridge	up to 75 ez
22-Sep	up to 60 ez	w/u + 30 mins of College Ave hills + a few strides	off or x-train or up to 40 ez	w/u + 35 mins of graveyard loops + a few hill sprints	off or x-train or ez run + a few strides	w/u + tempo + hill sprints	off or x-train or up to 45 ez
29-Sep	up to 60 ez- Holiday Monday a.m. practice	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 MHC Campus	off or x-train or ez run + a few strides - Travel to Camrose	ACAC #4 - Camrose	up to 75 ez - Bingo at Top Hat Bingol need 2 workers 5 p.m.
6-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 + 6-5-4-3-2-3x1/2or1 + a few strides at the end	off or x-train or ez run + a few strides	w/u + 4/3+ tempo + 4/3 + 6 x strides	off or x-train or up to 45 ez
13-Oct	up to 60 ez- Holiday Monday a.m. practice	w/u + 40 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 + 3 x 3/3	up to 75 ez
20-Oct	up to 45 ez	w/u + 20 mins of graveyard special loops + a few hill sprints	up to 50 ez	off or easy 30 + a few strides - Travel to ACACS	20 + a few strides on the race course	ACAC Champs - Grande Prairie	Travel home for ACACs
27-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	Park Run + 3 x 3/3	up to 60 ez
3-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	20 + a few strides on the race course	CCAA Champs - Charlottetown, PEI	off

0. Subject to change - I may tweak the workouts a bit as we go along depending upon how you are handling the load ... who am I kidding ... of course, I'll change things as we go ;-)
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 6, Sean will take a few runners to Edmonton - 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
11. w/u = warm up c/d = cool down
12. Our budget funds us to travel with 12 runners. However, I will endeavour to fill to all the seats on the bus while keeping withing the budget. This means we may be able to travel with more than 12, but your per diems may be distributed among more people.

updated August 9, 2025