

2026 XC Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31-Aug	Athlete's O + run on your own up to 60	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 sprint hills	30 easy	40 progressive, break, then 10 x 45/15 secs	up to 75 ez
6-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 + 2 x (10 x 45/15)/ 5 min break between sets + a few sprint hills	off or x-train or ez run + a few strides - n	ACAC #1b - Med Hat	off or x-train or up to 45 ez
14-Sep	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 + 8 x 3/1 + a few sprint hills	30 easy	ACAC #2 -Calgary or 40 progressive + 10 x 45/15	up to 75 ez
21-Sep	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 + 6-5-4-3-2-3x1/1 + a few strides at the end	off or x-train or ez run + a few strides	40 progressive, break, then 10 x 45/15 secs	off or x-train or up to 45 ez
28-Sep	up to 60 ez	w/u + 40 mins of graveyard loops + a few hill sprints	off or x-train or up to 40 ez	w/u + 2 x (10 x 45/15)/ 5 min break between sets + a few sprint hills	off or x-train or ez run + a few strides	ACAC #3 - Red Deer	off or x-train or up to 45 ez
5-Oct	up to 60 ez	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 -	40 progressive, break, then 10 x 45/15 secs	off or x-train or up to 45 ez
12-Oct	up to 60 ez- Holiday Monday a.m. practice	w/u + 20 mins of graveyard special loops + a few hill sprints	off or x-train or up to 40 ez	w/u + 2 x (10 x 45/15)/ 5 min break between sets + a few sprint hills	off or x-train or ez run + a few strides	ACAC #4 - Edmonton	off or x-train or up to 45 ez
19-Oct	up to 60 ez	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	40 progressive, break, then 10 x 45/15 secs	up to 75 ez
26-Oct	up to 45 ez	w/u + 20 mins of graveyard special loops + a few hill sprints	off	w/u + 10 x 45/15/ 5 min break, then 3 x 200m xc finishes, walk back	20 + a few strides on the race course	ACAC Champs - Red Deer	off or x-train or up to 45 ez
2-Nov	up to 60 ez	w/u + 40 mins of graveyard loops + a few hill sprints	off or x-train or up to 40 ez	w/u + 6-5-4-3-2-3x1/1 + a few strides at the end	off or x-train or ez run + a few strides	Park Run + 10 x 45/15	up to 60 ez
9-Nov	up to 45 ez	w/u + 20 mins of graveyard special loops + a few hill sprints	off	w/u + 10 x 45/15/ 5 min break, then 3 x 200m xc finishes, walk back	10 + a few strides on the race course	CCAA Champs - Edmonton	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 - follow the pattern with reduced volume/frequency

3. On Sept 19, we will take a few runners to Calgary - the rest of the team will can do the workout at the College at 10:30

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. 30 mins graveyard loops - This a 30 minute run at a good clip, with some jogging parts, over hilly terrain

6. Sprint Hill - a short steep hill which takes about 8 seconds to climb - walk back slowly

7. 8 x 3/1 - Afer warm up, run 3 minutes hard, then take a 1 min jog recovery. Repeat 8 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 21, 2026