**XC-Training Calendar May 2018 - June 2018**

**Base Phase** ***No workout should ever be slower than 8:15 pace!***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  |
| Rest  | 13 | TR  | 14  | Recovery  | 15 | Fartlek  | 16 | Recovery  | 17 | TR  | 18 | Aerobic  | 19 |
| Rest or Bike/Swim **MAY**  | **Morn:** 3 miles **After:** 4 miles  | **Morn:** 3 miles **After:** 5 miles  | 2 min ON 3 min OFF Interval for 35 min  | **Morn:** 3 miles **After:** 5 miles  | 5 miles TR  | **Long Run** 8 miles  |
| Recov  | 20 | TR  | 21 | Recovery  | 22 | Fartlek  | 23 | Recovery  | 24 | TR  | 26 | Aerobic  | 25 |
| Rest or Bike/Swim  | **Morn:** 3 miles **After:** 5 miles Training Run  | **Morn:** 3 miles **After:** 6 miles  | 2 min ON 3 min OFF Interval for 35 min  | **Morn:** 3 miles **After:** 6 miles  | 5 miles TR  | **Long Run** 9 miles  |
| Recov  | 26 | Aerobic  | 27 | Recovery  | 28  | Fartlek  | 29 | Recovery  | 31 | Hills  | 1  | Aerobic  | 2  |
| Rest or Bike/Swim **May/June**  | **Morn:** 3 miles **After:** 7 miles w/3 three min pushes  | **Morn:** 4 miles **After:** Swimming + Extra Core  | **Morn:** 3 min ON 2 min OFF Interval for 35 min **After:** 6 miles  | 8 miles  | 6 miles + 5xhills  | **Long Run** 10 miles w/3 three min pushes after 5 and 10 |
| Rest  | 3 | TR  | 4  | LT  | 5  | Recovery  | 6  | Fartlek  | 7  | Hills  | 8  | Aerobic  | 9  |
| Rest or Bike/Swim  | **Morn:** 6 mile TR **After:** 5 miles recovery  | **Morn:** 2x2 mile loop w/3 min rest + 4 mile cool down run Extra Core/ ICE BATH | **Morn:** 8 miles **After:** 4 miles  | 2 min ON 1 min OFF Interval 39 min Extra Core/ICE BATH  | **Morn:** 6 mile **After:** 4 miles + 5xhills  | **Long Run** 10 miles Extra Core/ICE BATH  |
| Recov  | 10  | TR  | 11  | LT  | 12 | Recov  | 13  | Fartlek  | 14  | Hills  | 15  | Aerobic  | 16 |
| Rest or Bike/Swim  | **Morn:** 6 mile TR **After:** 5 miles  | **Morn:** 3x12 min LT runs w/3 min rest + 3 mile cool down **After:** Swimming Extra Core  | **Morn:** 9 miles **After:** 5 miles  | **Morn:** 3 min ON 2 min OFF Interval45 min **After:** + Extra Core /ICE BATH | **Morn:** 6 miles **After:** 4 miles + 5xhills  | **Long Run** 11 miles Extra Core /ICE BATH |

***TR = Boys Training Run Pace = 6:15-6:30 range TR = Girls Training Run Pace = 7:15-7:30 range***

**XC-Training Calendar June 2015 - July 2015** BASE PHASE

***\*Do not forget to do
Warm up drills before
your workout.
Make sure to do stretching & Ice Baths after!* Want to get better? Try adding in (Broken into 4’s) 200+ pushups & 400+ crunches for a core routine every other day.** ***No workout should ever be slower than 8:15 pace***

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday**  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Saturday**  |
| Recov  | 17 | LT  | 18 | Recov  | 19 | Fartlek  | 20  | Recov  | 21  | Tempo  | 22  | Aerobic  | 23  |
| Rest or Bike/Swim **JUNE**  | 2 x 5,5,5 @ 70%, 80%, 85%+ w 5/min rest in between + 3 miles **After:** 6 miles  | **Morn:** 10 miles **After:** Swimming + Extra Core  | **Morn:** 3 min ON 1 min OFF Interval44 min **After:** 5 miles  | **Morn:** 9 miles **After:** 5 miles  | **Morn:** 4 mile tempo run (85%) + 2 mile cool down **After:** 6 miles  | **Long Run** 10 miles **After:** Swimming + Extra Core  |
| Rest  | 24  | LT  | 25  | Recov  | 26 | Fartlek  | 27 | Recov  | 28 | Tempo  | 29 | Aerobic  | 30 |
| Rest or Bike/Swim **June/July**  | **Morn:** 3x2 mile LT’s w/3 min rest + 2 mile cool down **After:** 5 miles  | **Morn:** 8 miles**FRIRST DAY OF OTA’S****ZILKER PARK 7AM****After:** Extra Core  | **Morn:** 4 min ON 2 min OFF Interval48 min **After:** 4 miles  | **Morn:** 8 miles **After:** Swimming + Extra Core  | **Morn:** 5 mile tempo run (85%) + 2 mile cool down **After:** 6 miles  | **Long Run** 11 miles **After:** Biking + Extra Core/ICE BATH  |
| Recov  | 1 | LT  | 2 | Aerobic  | 3 | Fartlek  | 4 | Aerobic  | 5 | Tempo  | 6 | Aerobic  | 7 |
| Rest or Bike/Swim  | 2 x 7,7,7 @ 70%, 80%, 85%+ w 4/min rest in between + 3 miles **After:** 5 miles  | **Morn:** 10 miles **After:** Biking + Extra Core  | **Morn:** 4 min ON 2 min OFF Interval48 min **After:** 5 miles  | **Morn:** 10 miles **After:** Swimming + Extra Core  | **Morn:** 5 mile tempo run (85%) + 2 mile cool down **After:** 4 miles  | **Long Run** 10 miles **After:** Swimming + Extra Core  |
| Recov  | 8  | Aerobic  | 9 |  | 10 |  | 11  |  | 12  |  | 13 |  | 14  |
| Rest or Bike/Swim  | **Afternoon Run** 6 miles recovery  | **Morn:** 4 min ON 2 min OFF Interval48 min **After:** 5 miles |  |  |  | page2image83040TIME TRIAL |
| **Morn:** 10 miles **After:** Swimming + Extra Core | **Morn:** 5 mile tempo run (85%) + 2 mile cool down **After:** 6 miles | OFF |

When you get to July 14th you want to be ready to step on the line for the time trial knowing that you did everything you could to be prepared. The most important training of our year is during the summer! How you approach this on your own will truly determine your success this season! Consistency in your training plan (running everyday, doing doubles), along with doing a solid warm-up, strength work & core, proper diet, taking iron, sleeping, and injury prevention (ice baths) can help you improve minutes from one season to the next. Work hard for your teammates! Who will you train with to push yourself to get better?

***Top 16 in the Time Trial get a spot and their varsity uniform!***