

General Preparation - Athletes no or little XC or track experience (Goal running 3+ miles 6 days per week)							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	
Rest	Aerobic 3 miles 4x100 Strides		Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	13.8
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	
Rest	Aerobic 3 miles 4x100 Strides		Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	13.8
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	
Rest	Aerobic 3 miles 4x100 Strides		Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	13.8
1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +2:00 3 miles total	Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	16.8
8-Jul	9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +2:00 3 miles total	Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	16.8
15-Jul	16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +2:00 3 miles total	Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	16.8
22-Jul	23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +1:50 3 miles total	Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 4 miles	16.8
29-Jul	30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +1:50 3 miles total	Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 5 miles	17.8
5-Aug	6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +1:50 3 miles total	Aerobic 3 miles 8x50 Strides		Aerobic 3 miles 4x100 Strides	Long Run 5 miles	17.8
12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +1:50 3 miles total	Aerobic 3 miles 8x50 Strides	Aerobic 3 miles	Aerobic 3 miles 4x100 Strides	Long Run 5 miles	20.8
19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	
Rest	Aerobic 3 miles 4x100 Strides	Timed Aerobic 2 easy then +1:50 3 miles total	Aerobic 3 miles 8x50 Strides	First Day of Practice	Practice	Practice	9.5

Threshold / Tempo paces based on recent 1600m race time. See table below.

Tempo run is a challenging 20 minute run at threshold pace, preferably on a track

Timed Aerobic based on recent 1600m race time. Example for 6:00 1600m runner:

3 miles easy then without stopping:

4th mile 6:00 +2:00 = 8:00

5th mile 6:00 +1:50 = 7:50

6th mile 6:00 +1:40 = 7:40

Miles 4, 5, and 6 should be on a track, if possible

Strides: Controlled, fast run (not all out sprint). Like kick at end of race. Prefer barefoot on turf.

Hills

Hunt is a 200m run up ~8% grade

Hilltop is a 1 mile uphill run varying 3% to 8% grade

Fartlek - varying pace aerobic run. Repeats of 1 minute running at 1:30 slower than 1600m race pace followed by

3 minutes normal aerobic running pace.

Total daily mileage includes warmup and cooldown. Total weekly mileage includes strides.

Dates highlighted in orange the Tiger Hollow weight room is open 9:00 - 10:00 AM for girls XC / Track. One or more

XC coach will be there. On weight room dates we will also do hurdle mobility exercises

1600 Race	Lactate Threshold / Tempo Run Workout Paces			
	200m split	800m	1200m	1600m
8:27	72	4:46	7:09	9:32
8:14	70	4:38	6:57	9:16
8:01	68	4:32	6:48	9:04
7:49	67	4:26	6:39	8:52
7:38	65	4:20	6:30	8:40
7:27	64	4:14	6:21	8:28
7:17	63	4:10	6:15	8:20
7:07	61	4:04	6:06	8:08
6:58	60	4:00	6:00	8:00
6:49	59	3:54	5:51	7:48
6:41	58	3:50	5:45	7:40
6:32	57	3:46	5:39	7:32
6:25	56	3:42	5:33	7:24
6:17	55	3:38	5:27	7:16
6:10	54	3:34	5:21	7:08
6:03	53	3:30	5:15	7:00
5:56	52	3:26	5:09	6:52
5:50	51	3:24	5:06	6:48
5:44	50	3:20	5:00	6:40
5:38	49	3:16	4:54	6:32
5:32	49	3:14	4:51	6:28
5:27	48	3:10	4:45	6:20
5:21	47	3:08	4:42	6:16
5:16	47	3:06	4:39	6:12
5:11	46	3:02	4:33	6:04
5:06	45	3:00	4:30	6:00
5:02	45	2:58	4:27	5:56
4:57	44	2:56	4:24	5:52