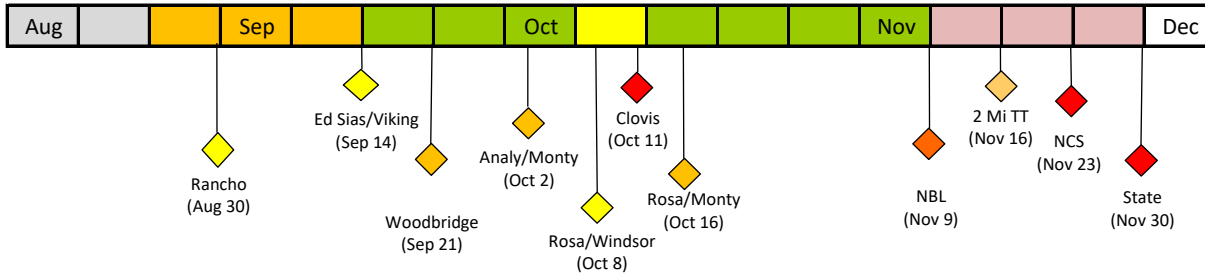


## 2024 XC Season Varsity Distance Training Plans (GF rev 08/18/24)

2 weeks Active Rest after Track Season + 10 weeks of Summer Base Training (June 3 - Aug 10)









16 weeks of XC Season (Aug 12 - Nov 30) + 2 weeks Active Rest prior to Winter Training



◇ = Varsity Target Race Effort (Harder Effort Scale: White > Yellow > Orange > Red)

### MCHS XC Distance Training Phases:

-  = "Active Rest" Training break after completing every competitive season of XC/Track training (1 week zero running/1 week run 2-3 days)
-  = "Base" or Foundation Phase Focus on getting in aerobic base miles/mileage ramp
-  = "Transition" to Competitive Phase Acclimating for Interval Phase (blend of tempo + intro to Race Pace intensity segments)
-  = "Competitive" Phase (a.k.a Race Pace or Race Pace + Training; segments at or slightly faster than XC race pace (800s/1Ks/1 Mile)
-  = "Down Week" ~20-30% Decrease in overall Volume (every 6-8 wks to give body a break)
-  = "Sharpening" Taper Phase Reduce overall volume 7-10%/wk x 2 wks; focus on Race Pace + / Race Sim (eliminate "extra work" i.e. double days, weights...)