

Goal of Summer Running: Build up stamina, "easy miles", get aerobically strong! Key workouts: **Mon:** Richardson Hill, **Wed:** Mmiles or Steady Tempos, **Sat:** Over Distance Runs

10 wks Summer Training starts after '25 Track sand at least a 2 week break with some "active" recovery!
Want to try higher weekly mileage? Possible to do 1-2 x double days/wk or every other Sunday runs (only for very advanced/experienced runners), but only with Coach Greg's specific approval. ...If you need something more creative while on vacation, or want to introduce some cross training activities, just contact Coach Greg Fogg (707) 291-2967 / greg.fogg@comcast.net

Week #	Training Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Wk #1: June 2	1	4.5	3	4	0 Day or Active Rest	0 Day or Active Rest	5	0 Day or Active Rest	16.5
		.75 mi RHill EZ	EZ	2 x MMiles			EZ (45 min)		
	2	6	4	5	0 Day or Active Rest	0 Day or Active Rest	7	0 Day or Active Rest	22
		1.5 mi RHill EZ	EZ	3 x MMiles			EZ (60 min)		
	3	7	4	6	4	6	8	0 Day or Active Rest	35
		2 mi RHill EZ	EZ	4 x MMiles	EZ	EZ + HR	OD (60 min)		
Wk #2: June 9	1	5	4	4	0 Day or Active Rest	0 Day or Active Rest	5.5	0 Day or Active Rest	18.5
		1 mi RHill EZ	EZ	2 x MMiles			EZ (50 min)		
	2	6	4	5	0 Day or Active Rest	3	7	0 Day or Active Rest	25
		1.5 mi RHill Tempo	EZ	3 x MMiles		EZ + HR	EZ (60 min)		
	3	7	4	7	5	6	9	0 Day or Active Rest	38
		2 mi RHill Tempo	EZ	5 x MMiles	EZ	EZ + HR	OD (70 min)		
Wk #3: June 16	1	5	3	4	0 Day or Active Rest	3	6	0 Day or Active Rest	21
		1 mi RHill Tempo	EZ	2 mi Tempo		EZ + HR	EZ (55 min)		
	2	6	4	5	0 Day or Active Rest	4	8	0 Day or Active Rest	27
		1.5 mi RHill Tempo + PU	EZ	3 Mi Tempo		EZ + HR	OD (70 min)		
	3	7	5	6	5	6	10	0 Day or Active Rest	39
		2 mi RHill Tempo + PU	EZ	3-3.5 Mi Tempo	EZ	EZ + HR	OD (80 min)		
Wk #4: June 23	1	5	3	5	0 Day or Active Rest	4	6.5	0 Day or Active Rest	23.5
		1 mi RHill Tempo + PU	EZ	3 x MMiles		EZ + HR	EZ (60 min)		
	2	6	3	6	3	4	8	0 Day or Active Rest	30
		1.5 mi RHill Tempo + PU	EZ	4 x MMiles	EZ	EZ + HR	OD (70 min)		
	3	7	5	8	5	6	10	0 Day or Active Rest	41
		2 mi RHill Tempo + PU	EZ	6 x MMiles	EZ	EZ + HR	OD (80 min)		
Wk #5: June 30	1	5	4	0 Day or Active Rest	5	4	6.5	0 Day or Active Rest	24.5
		1.0 mi RHill Tempo + PU	EZ			3K Kenwood or 5K TT	EZ	EZ (60 min)	
	2	6	4	3	5	4	9	0 Day or Active Rest	31
		1.5 mi RHill Tempo + PU	EZ	EZ	3K Kenwood or 5K TT	EZ	OD (80 min)		
	3	7	5	3	7	6	11	0 Day or Active Rest	39
		2 mi RHill Tempo + PU	EZ	EZ	10K Kenwood or 5K TT	EZ	OD (85 min)		
Wk #6: July 7	1	7	4	5	0 Day or Active Rest	4	7	0 Day or Active Rest	27
		2 mi RHill Tempo + PU	EZ	3 x MMiles		EZ + HR	OD (65 min)		
	2	7	4	6	4	4	9	0 Day or Active Rest	34
		2 mi RHill Tempo + PU	EZ	4 x MMiles	EZ	EZ + HR	OD (80 min)		
	3	8	5	8	5	6	12	0 Day or Active Rest	44
		2.5 mi RHill Tempo + PU	EZ	6 x MMiles	EZ	EZ + HR	OD (90 min)		
Wk #7: July 14	1	7	3	5	3	4	7.5	0 Day or Active Rest	29.5
		2 mi RHill Time Trial	EZ	3 x MMiles	EZ	EZ + HR	OD (70 min)		
	2	7	4	6	4	4	10	0 Day or Active Rest	35
		2 mi RHill Time Trial	EZ	4 x MMiles	EZ	EZ + HR	OD (90 min)		
	3	7	5	7	5	6	12	0 Day or Active Rest	42
		2.0 mi RHill Time Trial	EZ	6 x MMiles	EZ	EZ + HR	OD (90 min)		
Wk #8: July 21	1	7	4	4	3	4	7.5	0 Day or Active Rest	29.5
		2 mi RHill Tempo + PU	EZ	2 mi Tempo	EZ	EZ + HR	OD (75 min)		
	2	7	4	5	4	5	10	0 Day or Active Rest	35
		2 mi RHill Tempo + PU	EZ	3 Mi Tempo	EZ	EZ + HR	OD (90 min)		
	3	8	5	6	5	6	12	0 Day or Active Rest	42
		2.5 mi RHill Tempo + PU	EZ	4 Mi Tempo	EZ	EZ + HR	OD (90 min)		
Wk #9: July 28	1	3	6	3	13	0	5	0 Day or Active Rest	30
		Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	EZ		
	2	4	6	4	13	4	6	0 Day or Active Rest	37
		Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	EZ		
	3	5	7	5	13	4	10	0 Day or Active Rest	44
		Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	OD (80 min)		
Wk #10: Aug 4	1	7	4	6	4	0 Day or Active Rest	9	0 Day or Active Rest	30
		2 mi RHill Tempo + PU	EZ	4 x MMiles	EZ		OD (85min)		
	2	7	4	7	4	5	10	0 Day or Active Rest	37
		2 mi RHill Tempo + PU	EZ	5 x MMiles	EZ	EZ + HR	OD (90 min)		
	3	8	5	7	5	6	12	0 Day or Active Rest	43
		2.5 mi RHill Tempo + PU	EZ	6 x MMiles	EZ	EZ + HR	OD (90 min)		
Monday, August 11 = First Week of MCHS XC Practice!									

MCHS 2025 Summer XC Training (June 5, 2025)

					5K Time Trial		Rhill Time Trial		Tahoe Camp	
Mileage Ramp (Training Group)	Week #1	Week #2	Week #3	Week #4	Week #5	Week #6	Week #7	Week #8	Week #9	Week #10
Group #1 (New or Developing Runner)	16.5	18.5	21	23.5	24.5	27	29.5	29.5	30	30
Ramp to 30/week	Week % Change	112%	114%	112%	104%	110%	109%	100%	102%	100%
Group #2 (Experienced JV Boys/Varsity Girls)	22	25	27	30	31	34	35	35	37	37
Ramp to 35-38/week	Week % Change	114%	108%	111%	103%	110%	103%	100%	106%	100%
Group #3 (Experienced Varsity Boys)	35	38	39	41	39	44	42	42	44	43
Ramp to 45/week	Week % Change	109%	103%	105%	95%	113%	95%	100%	105%	98%

Samples of a controlled mileage increasing over 8 weeks and holding at peak/target mileage: (+10% > +10% > +10% > 0% > +5% > +5% > 0% > Hold) or (+7% > +7% > +7% > +7% > 0% > +7% > +7% > +7%)

[illegible]

RHHILL TEMPO: Richardson Hill; Every Monday base of Richardson Hill is ~1.5 mi. from Channel Drive Parking Lot, steady tempo .75 - 2.5 miles up, perceived exertion vs. 5K race effort

STRIDES: Speed typically done after EZ/OD runs; 3-4 x :15-:20 strides (70-100m) at "near sprinting"; purpose is maintain turnover mechanics/emphasis on good form

HR: Hill Repeats (incline bursts of ~:08 - :10 duration at high intensity effort (typically x 7-8 reps); this will blast your legs, so best to NOT do on recovery/EZ days)

PU:Pick-Ups (faster pace for specific durations i.e. :30 PU at 5K race pace rest on EZ run with 5:00 recovery or :15 PU [05 fast > :05 faster > :05 fastest] with :45 recovery, typically 4-5 reps)

MMiles: Marathon Miles where pacing is 1:00 slower vs. current 5K Race Pace (all MMiles are done with 1:00 standing rest in between)

RUNNING PACING OR "GEARS":	DESCRIPTION	~% OF MHR	TARGET HR (204 MHR)	PERCEIVED EXERTION VS. 5K
Easy Pace (EZ) or Recovery Runs:	"Conversational Pace"; i.e. you can complete full sentences while running	60-70%	125-145 BPM	6 / 10
Over Distance (OD) Pace:	"Light- Moderate", "Long-Steady" effort runs	70-80%	145 - 165 BPM	7-7.5 / 10
Steady Tempo:	"Comfortably Hard", "1/2 Marathon Pace"	75-85%	150-170 BPM	7.5-8 / 10
Richardson Hill Tempo:	"Moderately Hard"	85-90%	185 BPM	8.5 / 10
Max Heart Rate (MHR):	Typical Calculation: 220 BPM <age>, so for ~High School = 200 <16>= 204 BPM			
More on Steady Tempo Pacing: a) Start with 1600 PR, add 1 min., or b) start with 5K pce, add :25-:30 (Boys) / :30-:40 (Girls), c) a.k.a. effort commonly referred to as "getting comfortable being uncomfortable"				
Note: During XC Season, we will do short segment workouts at VO2-Max intensity (peak O2 consumption level over 8-12 min max effort), typically 90-100% of MHR, or 102-103% of 5K race pace				