

MCHS 2021 Summer XC Training (June 7, 2021)

9 weeks of Summer Training starts after '21 Track season is done **AND** you've taken a break from the regiment of training and given yourself 1-2 weeks (no more than 2 weeks) "active" recovery!
 ...If you don't see something that fits your needs or creative schedule while on vacation? -Contact Greg (707) 291-2967 / greg.fogg@comcast.net

Week #	Training Level	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Miles
Wk #1: June 7	1	5.5	4	4.5	0 Day or Active Rest	0 Day or Active Rest	6	0 Day or Active Rest	20
		.75 mi RHill Tempo + PU	EZ	1.5 mi Tempo			OD		
	2	7	5	6	0 Day or Active Rest	0 Day or Active Rest	7	0 Day or Active Rest	25
1.5 mi RHill Tempo + PU		EZ	2 mi Tempo	OD					
3 (Moderate)	8	5	5	5	4	8	0 Day or Active Rest	35	
	2 mi RHill Tempo + PU	EZ	3 mi Tempo	EZ	Speed	OD			
Wk #2: June 14	1	6	4	5	0 Day or Active Rest	0 Day or Active Rest	7	0 Day or Active Rest	22
		.75 - 1 mi RHill Tempo + PU	EZ	2 mi Tempo			OD		
	2	7	5	4	0 Day or Active Rest	4	7	0 Day or Active Rest	27
1.5 mi RHill Tempo + PU		EZ	2 mi Tempo	Speed			OD		
3 (Moderate)	8	6	5	5	5	10	0 Day or Active Rest	39	
	2 mi RHill Tempo + PU	EZ	3 mi Tempo	EZ	Speed	OD			
Wk #3: June 21	1	6.5	4	4	0 Day or Active Rest	4	7	0 Day or Active Rest	25.5
		1-1.5 mi RHill Tempo + PU	EZ	2 mi Tempo			Speed		
	2	7.5	5	4.5	4	4	7	0 Day or Active Rest	32
2 mi RHill Tempo + PU		EZ	2.5 mi Tempo	EZ			Speed		
3 (Moderate)	9	7	5.5	7	5	12	0 Day or Active Rest	45.5	
	2.5 mi RHill Tempo + PU	EZ	3.5 mi Tempo	EZ	Speed	OD			
Wk #4: June 28	1	7	4	4	4	4	7	0 Day or Active Rest	30
		1.5 mi RHill Tempo + PU	EZ	2 mi Tempo			EZ		
	2	7.5	6	5	5	4	9	0 Day or Active Rest	36.5
2 mi RHill Tempo + PU		EZ	2.5 mi Tempo	EZ			Speed		
3 (Moderate)	9	7	5.5	7	5	12	0 Day or Active Rest	45.5	
	2.5 mi RHill Tempo + PU	EZ	3.5 mi Tempo	EZ	Speed	OD			
Wk #5: July 5	1	7	4	4	4	4	7	0 Day or Active Rest	30
		1.5 mi RHill Tempo + PU	EZ	2 mi Tempo			EZ		
	2	8	6	6	6	4	9	0 Day or Active Rest	39
2.5 mi RHill Tempo + PU		EZ	3 mi Tempo	EZ			Speed		
3 (Moderate)	9	7	7	7	5	13	0 Day or Active Rest	48	
	2.5 mi RHill Tempo + PU	EZ	4mi Tempo	EZ	Speed	OD			
Wk #6: July 12	1	7.5	5	4	4	4	8	0 Day or Active Rest	32.5
		2 mi RHill Tempo + PU	EZ	2 mi Tempo			EZ		
	2	8	6	7	6	4	9	0 Day or Active Rest	40
2.5 mi RHill Tempo + PU		EZ	3 mi Tempo	EZ			Speed		
3 (Moderate)	10	7	7	7	6	13	0 Day or Active Rest	50	
	3.0 mi RHill Tempo + PU	EZ	4 mi Tempo	EZ	Speed	OD			
Wk #7: July 19	1	7.5	5	4	4	4.5	9	0 Day or Active Rest	34
		2 mi RHill Tempo + PU	EZ	2 mi Tempo			EZ		
	2	8	6	7	5	4	10	0 Day or Active Rest	40
2.5 mi RHill Tempo + PU		EZ	3.5 mi Tempo	EZ			Speed		
3 (Moderate)	10	7	7	7	6	13	0 Day or Active Rest	50	
	3.0 mi RHill Tempo + PU	EZ	4 mi Tempo	EZ	Speed	OD			
Wk #8: July 26	1	4	9	6	0	13	3	0 Day or Active Rest	35
		Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	EZ		
	2	5	10	7	3	13	5	0 Day or Active Rest	43
Tahoe Camp		Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	EZ			
3 (Moderate)	7	10	7	4	13	5	0 Day or Active Rest	46	
	Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	Tahoe Camp	EZ			
Wk #9: August 2	1	6	5	6	5	4	9	0 Day or Active Rest	35
		2 mi RHill Tempo + PU	EZ	3 mi Tempo	EZ	Speed	OD		
	2	9	6	7	6	4	8	0 Day or Active Rest	40
2.5 mi RHill Tempo + PU		EZ	4 mi Tempo	EZ	Speed	OD			
3 (Moderate)	10	7	7	7	6	13	0 Day or Active Rest	50	
	3.0 mi RHill Tempo + PU	EZ	4.5 mi Tempo	EZ	Speed	OD			

August 9 = First Week of MCHS XC Practice!

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Training Group #	Runner/Fitness Description	XC GIRLS 2021 SEASON GOALS 3 MI RACE PACE / 3 MI RACE TIME	XC BOYS 2021 SEASON GOALS 3 MI RACE PACE / 3 MI RACE TIME	9 Wk Summer Weekly Mileage Ramp (miles/wk)	Typical Workout Days (miles)	Typical EZ Days (miles)	Steady Tempo Progression (miles)	Over Distance (OD) Run Progression	Notes on Mileage Ramp (Details TBD)
1	Beginning Runner (Inexperienced to Distance Training)	8:00 - 8:30 pace = 24:00 - 25:30	6:30 - 7:30 pace = 19:30 - 22:30	20 > 35	5	4-5	3 x .5 > 4 x .5 > .5 - 1 - .5 1 - 1 > 1 - 1 > 1.5 - 1 2.5 > 2.5 > 3	6 > 9	Start 4 days/wk for 2 wks > 5 days/wk in week #3; then hold 6 days a week for rest of Summer. Moderate ramp first 4 weeks (avg 11%/wk) then mild ramp leading up to Tahoe Camp. OD Max = 9 miles. Total 9 week Miles = 264
2	Experienced Runner (Developing Varsity)	7:20 - 8:00 pace = 22:00 - 24:00	5:50 - 6:30 pace = 17:30 - 19:30	25 > 40	6	5-6	2 > 2 > 2.5 > 2.5 3.0 > 3.0 3.5 > 3.5 4	7-8 > 10	Start 4 days/wk, then 5 days/wk in wk #2, then hold 6 days a week in wk #3 for rest of Summer. Moderate ramp first 4 weeks (avg. 12%/wk) then mild ramp leading up to Tahoe Camp. OD Max = 10 miles. Total 9 week Miles = 322
3	Returning Varsity Runner: Mild training schedule	6:30 - 7:20 pace = 19:30 - 22:00	5:30 - 5:50 pace = 16:30 - 17:30	30 > 40	7	6	2.5 > 2.5 3 > 3 3.5 > 3.5 > 3.5 4 > 4	8 > 11	Moderate ramp first 3 weeks > hold > avg. 5% increase per week for rest of Summer. OD Max = 11 miles. Total 9 week Miles = ~385-390
	Returning Top Tier Varsity Runner: Moderate training schedule	6:20 - 6:30 pace = 19:00 - 19:30	5:20 pace 16:00	35 > 45-50	7-8	7	3 > 3 3.5 > 3.5 4 > 4 > 4 4.5 > 4.5	8 > 13	Aggressive ramp first 2 weeks (avg. 14%/wk) > hold > ramp 2 weeks moderately (avg. 5%/wk) and hold for rest of Summer. OD Max = 13 miles. Total 9 week Miles = 409
	Returning Top Tier Varsity Runner Aggressive training schedule (See Greg for details: Start with Moderate approach, then supplement with double-days, plyometrics, weight training, etc...)	6:10 pace or faster = sub-18:30	5:10 pace or faster = sub-15:30	35 > 55 (55+ requires "double-days")	8-9	7-8	3 3.5 > 3.5 4 > 4 > 4 4.5 > 4.5 5	9 > 15	See Greg to supplement at this level from "Moderate" training: After week 4, can add 1 or 2 x AM Runs and reduce miles on some runs to maintain 55-65+ miles/wk (+10 mi/wk = adding Mon-Tue AM runs, +15mi/wk = adding Mon-Tue-Wed AM runs) option to add + 7 mi. run every-other Sunday Don't add Distance to EZ run Days!

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				5K 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
Group #1	20	22	25.5	30	30	32.5	34	35	35
Week % Change		110%	116%	118%	100%	108%	105%	103%	100%
Group #2	25	27	32	36.5	39	40	40	43	40
Week % Change		108%	119%	114%	107%	103%	100%	108%	93%
Group #3 (Moderate)	35	39	45.5	45.5	48	50	50	46	50
Week % Change		111%	117%	100%	105%	104%	100%	92%	109%

Key to Terminology:

0 Day or Active Rest = Take a break from running!!! ...These are days/periods to NOT RUN, OK to supplement with "active recovery" activities like biking, hiking, swimming

EZ = EZ Pace (Conversational Pace best to find course over gentle roller-coaster hills)

RHill Tempo = Richardson Hill; for hill strengthening workouts, the base of Richardson Hill is ~1.5 miles from Channel Drive Parking Lot, steady tempo .75 - 2.5 miles up!

OD = Over Distance (Runs of 70+ minutes, slower than EZ pace, very key for endurance; best to keep super-long runs on flat terrain if possible, go longer vs. going faster!)

TEMPO = Controlled pace within a group for a specific time/pace and distance (pacing typically = ~1600 PR + 1 minute, or ~85% of Max HR [165-175], or 1/2 marathon pace)

STRIDES = Speed typically done after EZ run; 4-5 x :20 strides or 200m build-ups; purpose is maintain turnover mechanics/emphasis on good form)

HR = Hill Repeats (incline bursts of ~:20 - :30 duration at high intensity effort; this will blast your legs, so best to NOT do on recovery/EZ days)

PU = Pick-Ups (faster pace for specific durations i.e. 1:00 PU with 3:00 rest/:30 PU with 1:30 rest, :15 PU with :45 rest, typically 5-6 reps)

Speed = ~1 mile warm-up > form drills > 6-8 second hills > 50m/50m accelerations > plyometrics (emphasize running mechanics, foster neuromuscular connection)