

Summerville Cross Country Season Workouts

Subject to slight alterations at coaches' discretion.

All athletes have the option of always taking Sundays off. Sunday workouts listed are a suggestion, and not mandatory.

Color Codes:

Base Period (5 weeks)

Speed Period (7 weeks)

Peak/End Period (3 weeks)

Races

Notes

Grouping

Aerobic/ FK

Recovery

Intervals/ hills (not all are burnout interval workouts; some are speed maintenance)

Make-up practice day

Week 1				Wed 8/19 End: 5pm	Thurs 8/20 End 5:30	Fri 8/21 End: 5:40	Sat	Sun	Notes
	A			5 miles, AC, with water breaks every .5-1.5 miles	1 mile warm-up dynamic stretches IR's (1/2 mile + 50X4 with 30 sec rest) X 6 Cool down	7 miles AC run	75 min long run	45 min run or off	AC= aerobic conditioning IR= intervals 80-80-90-GIP Focus on base during purple period
	B			Same as A, but 4 miles	Same, IR circuitx 5	6 miles AC run	5 mile run	X train or off	X train= 30-45 min of aerobic activity other than running (biking,

									jumpropping, swimming, trampoline jumping, etc.)
	C			Same as A, but 3 miles	Same, IR circuit x4	5 miles AC run	4 mile run	X train or off	
Week 2		Mon 8/24 End 5:15	Tues 8/25 End 5:45	Wed 8/26 End 5:40	Thurs 8/27 End 5:15	Fri 8/28 Back: 7pm	Sat	Sun	Notes
	A	Warm-up**, 1 mile Dynamics** 5X800's 90 sec rest Cool down**	8 mile run core workout	2 3X2 miles at AT pace In set=5 min rest Between sets=2 easy laps, 5 min rest OS**	6 mile run, easy	Lodi Flame Invite *Include 2 miles+ of warm-up, and 2 miles+ of cool down	RR < 50	SS=65	RR=recovery run OS=overstriders SS=steady state
	B	Warm-up, 1 mile Dynamics 3X800's 90 sec rest 3X400's 60 sec rest Cool down	6 mile run	2 3X1 mile at AT pace	4 mile run, easy	Lodi Flame Invite *Include 2 miles+ of warm-up, and 2 miles+ of cool down	RR < 30	X train	
	C	Warm-up, 1 mile Dynamics 6X400's 60 sec rest	4-5 mile run	4X800 at AT pace	4 mile run, easy	Lodi Flame Invite *Include 1 mile+ of warm-up, and 1 mile+ of	RR < 30	X train	

		Cool down				cool down			
Week 3		Mon 8/31 End: 5:45	Tues 9/1 End: 5:30	Wed 9/2 End: 5:40	Thurs 9/3 End: 5:40	Fri 9/4 End: 5:15	Sat	Sun	Notes
	A	70 min FK run Core Sugar Pine RR Grade (not out and back)	Mt. Elizabeth Hills Warm-up, 1 mile, up hill 12X100, sprint up hill	Warm-up Dynamics 4X1000 3X800 6X300 Cool down	RR @ Phoenix Lake 50 minutes	45 min run and games	60 min run	WU 4X600s CD	WU=warm-up CD=cool down
	B	50 min FK run Core Sugar Pine RR Grade (not out and back)	Mt. Elizabeth Hills Warm-up, 1 mile, up hill 9X100, sprint up hill	Warm-up Dynamics 5X800 3X300 6X150 Cool down	RR 40 minutes	25 min run and games	50 min run	X train	
	C	40 min FK run Core Sugar Pine RR Grade (not out and back)	Mt. Elizabeth Hills Warm-up, 1 mile, up hill 7X100, sprint up hill	Warm-up Dynamics 4X600 3X300 6X150 Cool down	Same as B	Same as B	40 min run	X train	
Week 4		Mon 9/7 End: 5:30	Tues 9/8 End: 5:40	Wed 9/9 End: 5:30	Thurs 9/10 End: 5:30	Fri 9/11 End: 4:45	Sat 9/12 Return: see schedule	Sun	Notes
	A	“Bear Claw”	7 miles Tuolumne RR Grade	speed	For the Hill of It	Game + pre- race	Sierra Invitational	FK 60	“Bear Claw” is 1600 all out with 1 mile SS, then 1200 All out

									with 1 mile SS, 800 all out with 1 mile ss, 400 as fast as you humanly can....big cool down
	B	“Bear Claw”	6 miles Tuolumne RR Grade	speed	For the Hill of It	Game + pre-race	Sierra Invitational	FK 40	
	C	“Bear Claw”	5 miles Tuolumne RR Grade	speed	For the Hill of It	Game + pre-race	Sierra Invitational	X-train	
Week 5		Mon 9/14 End: 5:00	Tues 9/15 End: 5:40	Wed 9/16 End (if not meet): 5:15	Thurs 9/17 End: 5:30	Fri 9/18 End: 5:00	Sat 9/19 Return: See schedule	Sun	Notes
	A	8X800s with 2 min rest Plyos and core work	TH Ditch or SugarPine 60 minutes SS (harder to talk but not 8 mile race pace)	Likely no race– stay tuned. If no race, then WEWOD (TBD)	AT pace, 6 miles (this would be like a 10K race pace) OFF CAMPUS	5 miles easy, on our home course and trails	Frogtown is canceled.	85	
	B	7X800s with 2 min rest Plyos and core work	TH Ditch or SugarPine 60 minutes SS (harder to talk)	Likely no race– stay tuned. If no race, then WEWOD (TBD)	AT pace, 5 miles (5 mile race pace) OFF CAMPUS	5 miles easy on our home course and trails	Frogtown is canceled.	55	
	C	6X800s with 2 min rest Plyos and core	TH Ditch or SugarPine	Likely no race– stay tuned.	FK: 2 minutes hard, 2 minutes easy for 40	5 miles easy on our home course and	Frogtown is canceled.	X-train	

		work	40 minutes SS (harder to talk)	If no race, then WEWOD (TBD)	minutes. OFF CAMPUS	trails			
Week 6		Mon 9/21 End: 5:30	Tues 9/22 End: 5:15	Wed 9/23 Return: See schedule	Thurs 9/24 End: 4:40	Fri 9/25 Possible travel day to Stanford, TBD	Sat 9/26 Return time: See schedule	Sun	Notes
	A	5X1000's with office loop recovery	Igloi/ core	Linden	Long run (7)	Puffy Paint Day	Stanford	Off	
	B	5X800's with office loop recovery	Igloi/ core	Linden	Long run (5)	Puffy Paint Day Long run, on your own (6-7 miles)	Hard 3 miles	Easy 30	
Week 7		Mon 9/28 End: 5:45	Tues 9/29 End: 4:45	Wed 9/30 Return: See schedule	Thurs 10/1 End: 5:40	Fri 10/2 End: 5:45	Sat	Sun	Notes
	A	60 min run, with high speed FK	Pre-meet	Sonora	6-7 miles easy	7-8 1000's at VO2 goal pace	Long run	off	
	B	50 min run with high speed FK	Pre-meet	Sonora	5 miles easy	5-6 1000's at VO2 goal pace	Long run	off	
Week 8		Mon 10/5 End: 5:30	Tues 10/6 End: 5:45	Wed 10/7 Return: See schedule	Thurs 10/8 End: 5:45	Fri 10/9 End: 5:40	Sat 10/10 Make-up practice: 8 a.m. at track	Sun	Notes
	A	"Bear Claw"	Hills, focus	Escalon	SS 70 min	7-8 1000's @	Long run	Easy	Make-up

		on repeat hill charges, up to 25		OS	88% VO2 max	OR Make-up practice	recovery run	practices required for 2 excused absences or 1 unexcused absence.	
	B	"Bear Claw"	hills	Escalon	SS	5-6 1000's	Long run OR Make-up practice	Rest	
Week 9		Mon 10/12 End: 5:45	Tues 10/13 End: 5:30	Wed 10/14 End: 5:20	Thur 10/15 End: 5:30	Fri 10/16 End: 5:00	Sat	Sun	Notes
	A	Long run, 80 min	For the Hill of It	SS run, 60 min	6-7 1000's	40 min run, Game day	70 min	SS 45 min	
	B	Long run, 60 min	For the Hill of It	SS run, 50 min	4-5 1000's	25 min run, Game day	60 min	SS 30 min	
Week 10		Mon 10/19 End: 5:30	Tues 10/20 End: 4:30	Wed 10/21 Return: See Schedule	Thur 10/22 End: 5:30	Fri 10/23 End: 5:40	Sat Make-up practice: 8 a.m. at track	Sun	Notes
	A	2 1000's 2 800's 2 400's 4 200's	3 mile recovery run	Calavaras	7 miles FK	On-pace mile repeats (4-5) with OS and lots of	5 miles, race pace, hard OR	7-8 miles	

					stretching	Make-up practice			
	B	2 1000's 3 400's 5 200's	3 mile recovery run	Calavaras	5 miles FK	On-pace mile repeats (2-3) with OS and lots of stretching	4 miles, race pace, hard OR Make-up practice	5-6 miles	
Week 11		Mon 10/26 <i>No practice.</i> <i>Pick students up at 3:00.</i>	Tues 10/27 End: 4:30	Wed 10/28 Return: See schedule	Thur 10/29 End: 4:30	Fri 10/30 End: 5:40	Sat	Sun	Notes
	A	Rest day Go home and get caught up on sleep	Pre-race routine	MLL League Finals, Amador	20 min run and ice baths	Long run Friday	50 min run	X train	
	B	Rest day Go home and get caught up on sleep	Pre-race routine	MLL League Finals, Amador	20 min run and ice baths	Long run Friday	30 min run	X train	
Week 12		Mon 11/2 End: 5:30	Tues 11/3 End: 5:40	Wed 11/4 End: 5:15	Thurs 11/5 <i>Those who need to make up</i>	Fri 11/6 End: 4:30	Sat 11/7 Return: See	Sun	Notes

					practice will report to help Dieste, Tucker, or Dewey at 3:30. Locations TBD. End time: 5:30		schedule		
	A	Bear Claw	SS, 70 min	4X1 mile repeats at goal pace	No practice Make up duties for missed practice	Pre-race	Subsections Frogtown	Easy 30	
	B	Bear Claw	SS, 50 min	8X400 at goal pace, with 1 min rest	No practice Make up duties for missed practice	Pre-race	Subsections Frogtown	Easy 30	
Week 13		Mon 11/9 End: 5:30	Tues 11/10 End: 5:30	Wed 11/11 End: 5:30	Thur 11/12 End: 5:30	Fri 11/13 End: 4:30	Sat 11/14 Return: See schedule	Sun	Notes
	A	6-7 1000's	FK, 5 miles	SS run, 5 miles min	1200, 800, 600, 400, 200 ladder	Pre-race, strides and stretching	Sections, Willow Hills	Easy recovery	
Week 14		Mon 11/16	Tues 11/17	Wed 11/18	Thur 11/19	Fri 11/20	Sat 11/21	Sun	Notes

		End: TBD (depending on individuals selected and possibility to acclimate to morning race)	End: TBD (depending on individuals selected and possibility to acclimate to morning race)	End: TBD (depending on individuals selected and possibility to acclimate to morning race)	No practice. Student(s) should be picked up at 3:00	End: TBD (depending on individuals selected and possibility to acclimate to morning race)			
	A	1000's	hills	Long run with OS	Rest	400 tags	60 min, easy	Rest	
Week 15		Mon 11/23 End: TBD (depending on individuals selected and possibility to acclimate to morning race)	Tues 11/24 End: TBD (depending on individuals selected and possibility to acclimate to morning race)	Wed 11/25 End: TBD (depending on individuals selected and possibility to acclimate to morning race)	Thur 11/26 No practice. Student(s) should be picked up at 3:00	Fri 11/27 Workout below, if budget can afford an overnight.	Sat 11/28 Return: See schedule	Sun	Notes
	A	Long run 60 min	1000's	1 x 1000, 2 x 600, 4 x 400 at goal pace	Rest	Course warm-up and cool down	State Meet, Woodward Park		

Significant Notes:

- Please note—end times are approximate. They may be a little sooner or a little later than planned.
- Not all warm-ups, cool-downs, dynamic stretches, and overstriders are marked. These will occur more frequently than listed and are up to coaching discretion.
- Strength training may occur after days in which speed workouts are accomplished and a significant race is more than 2 days out. Light strength training will boost metabolism, power, and speed, and add to an athlete's success.

All athletes are expected to commit to practices, 5 days a week. There are three make-up practice days scheduled, if you have an unexcused absence. I understand that appointments are definitely important, but please make every effort to avoid conflicts with this practice schedule, as other league sports require the same amount of expected attendance. Two excused absences= one make-up practice. One unexcused absence = one make-up practice.

I have designed these workouts with actual state meet success for non-elite runners in mind—if runners have received adequate based for 1–2 years during summer and winters (base in the off season is crucial!) as well as competition and training in spring track. *This program can work.* For those desiring to train simultaneously with a running club of your choice, you will not be allowed to run these high school practices easier to prepare for the evening club practice, and you are permitted one club practice per week during our regularly scheduled practices, not counting as an excused absence (as you are working out), if I approve your club workout ahead of time. This is a trial year, and may not be guaranteed every year. If you choose to partake in both, please be aware that you may set yourself up for early premature burn-out before the season is over, and possible injury. You “double-dip” at your own risk.

You are required to attend all league meets and sub-sections, and be available for sections and state if the opportunity arises. If you must miss an invitational for very special circumstances outside of your control, you must let me know by September 2nd, and we will make alternate arrangements for make-up workouts equivalent to race day. *Make every effort to attend invitational and all other meets.*

Athletes with sincere effort, improvement, capability, positive attitudes, and commitment to all practices and meets will first be considered for end-of-year awards.