

**Phase I – Summer:** Time Period: June 1 – August 10<sup>th</sup>

(see workout calendar below)

Goals:

1. Transition from rest / recovery period into self-guided open ended training routine / cross training routine
  - Athletes can meet in small groups
  - No coaching supervision
  - Build-up from zero fitness
2. Stress individualized plan to gain fitness
  - Build up should be age appropriate
  - Build up should be ability based
  - Fitness should include cross training
3. Incorporate training into family / summer activities
  - Vacation runs
  - Beach / camping runs
  - Hiking / backpacking
4. Gradually improve cardiovascular fitness use F.I.T. principle
  - F- Frequency, build up from 3 – 5 days / week to daily work
  - T- time of run, build up distance
  - I- Intensity, work into “progression runs”
5. Allow for flexibility
6. Develop natural leaders who
  - Attend regularly
  - Are positive role models
  - Work hard
  - Encourage others

**Phase II – Early Season:** Time Period: August 11<sup>th</sup> – September 15<sup>th</sup>

(see workout calendar below)

Goals:

1. Transition from more open ended training routine / cross training routine to more structure and guidance
  - Consistent meeting / practices
2. Conduct pre-season evaluation
  - Time trail to set initial training groups
3. Develop total body fitness through:
  - 5 – 12 minute routines core strength: Abbs, planks, medicine ball, calisthenics, JJ Lunge Matrix
4. Adapt to afternoon practice and adjust to:
  - Heat of the day
  - Long school day, increased school workload
5. Focus training and fitness on improving cardiovascular fitness
  - Weekly long runs
  - Secondary fitness run
  - Recovery runs
6. Develop pace for tempo work
7. Addition concentration on strength development through
  - Core strength
  - Hill work
8. Develop running mechanics through
  - Post workout strides
  - Sprint drills
  - Power Hills (steep :06 - :08 seconds)
  - Hill repeats (:45 - :60 seconds)
  - Individual guidance / coaching running technique

9. Allow for ample recovery

- Sleep
- Recovery runs

10. Introduce racing

- Teach pre-race warm-up
- Guide pre-race day prep
- Learn race plans through trial and error

11. Provide instruction on diet, sleep, and nutrition

**Phase III – Competitive Season:** Time Period: September 16<sup>th</sup> – October 26<sup>th</sup>

(see workout calendar below)

Goals:

1. Structure phase of training around meets and meet schedule
2. Continue total body fitness through:
  - 5 – 12 minute routines core strength: Abbs, planks, medicine ball, calisthenics, JJ Lunge Matrix
  - vary / modify routine, supplement with Core X, or Core-Hey
3. Focus training and fitness on
  - Maintaining cardiovascular development
  - VO<sub>2</sub> Max work
  - Neuromuscular work, drills, strides, power hills
4. Incorporate “benchmark” workouts
  - Blue Tower Hill Run challenge
  - 4 x 1 mile
  - Longest Run of the Season
5. Focus on learning pace
  - Tempo / race pace +
  - VO<sub>2</sub> Max / sub-race pace
  - Monitor recovery pace
6. Allow for ample recovery
7. Refine / modify racing technique
  - Teach specific race plans
  - Adjust race plans for terrain and varied factors
8. Encourage
  - Low stress lifestyle
  - Sleep
  - Illness prevention
  - Injury prevention

**Phase IV – Championship Season:** Time Period: October 27<sup>th</sup> – final race of fall (State, NXR, NXN, USA TF Championships)

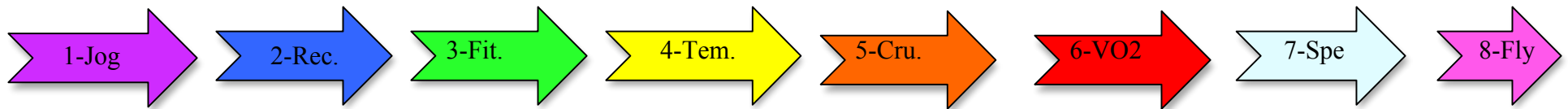
(see workout calendar below)

Goals:

1. Phase structure centered on optimal performance
2. Reduce supplemental exercises / general strength
  - Shorten all work for maintenance only
3. Focus workouts on
  - Maintaining cardiovascular development – reduce to semi-long run
  - Multi faceted workouts (transition from tempo, into VO<sub>2</sub> Max or VO<sub>2</sub> Max -> sharpening speed / technical work)
4. Increased focus on recovery
  - More recovery between bouts / repeats
  - More recovery between workouts
  - Reduce total volume
5. Reduce total time of practice
  - 1.5 hours max

## Cross Country Pace Chart:

Pace chart relative based on preseason testing and individual fitness



**Jog – Recovery – Fitness – Tempo – Cruise/Fartlek – VO<sub>2</sub>Max – Strides/Speed - Fly**

- 1- Jog** Easy pace between repeats or during warm-up and cool down. **Estimated pace:** 5K race pace plus 2:00 – 3:00 per mile.
- 2- Recovery (Rec.)** Easy day pace. **Estimated pace:** 5k race pace plus 1:30 – 2:30 per mile.
- 3- Fitness Run (Fit.)** Medium paced run to gain aerobic fitness. **Estimated pace:** 5k race pace plus 1:00 – 1:40 per mile.
- 4- Tempo Pace (Tem.)** Fast paced run or portion of run. **Estimated pace:** 5K race pace plus :20 - :40 per mile.
- 5- Cruise / Fartlek Pace (Cru.)** Fast, but comfortable pace for portion of run. **Estimated pace:** Around current 5K race pace.
- 6- VO<sub>2</sub>Max (VO2)** Fast, sub race pace. **Estimated pace:** = to 2 mile time trial pace.
- 7- Speed / Strides (Spe.)** Fast without strain or form breakdown. **Estimated pace:** Roughly 800m race pace.
- 8- Flying 30's (Fly)** Max speed without strain. **Estimated pace:** mid-race 100m pace.

**Month August: “Black Opps” Group: Older / more experienced group (~ sub 19:00 boys and sub 22:00 girls)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	Summer-wk5
3	4 60' – 75' long run (Fit)	5 – On Your Own lunge matrix, recovery run (Rec) core work	6 2 x 1.5 mile tempo on XC (Tem), 4 x 150 on track (Spe), jog recovery on grass (Rec)	7 – On Your Own lunge matrix, recovery run (Rec), core work	8 50' – 60' through foothills (Fit)	9 lunge matrix, recovery run (Rec), core work	Summer-wk6
10 REST	11– NO SCHOOL sprint drills, Running Circuit w/ calisthenics (Cru) med-ball	12– NO SCHOOL lunge matrix, recovery run 40'- 50' (Rec) , core work	13 – NO SCHOOL Meet Day warm up, 2 mile time trail (VO2) (set groups), 10' – 15' cool down	14 – First Day of School lunge matrix, recovery run (Rec) 40'-45', core work	15 50' – 60' on Fire Station fitness run. (Fit), 6 x strides on grass (Spe)	16 On Your Own, 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	1-week
17 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	18 sprint drills, Hills on XC, 4 x mama, 4 x papa, 4 x mama, (Cru) jog down (Jog) med-ball	19 lunge matrix, recovery run 40'- 50' (Rec) , core work	20 Meet warm-up w/ drills, Easy Running times workout (Tem – Cru – Spe)	21 Vans-3,4,5, lunge matrix , 60' fitness run (Fit)	22 Pre-meet 3 – 4 mi (Rec), 4 x 150's (Spe)	23 Scrimmage @ AA 7:45 / 8:20	2-week

24 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	25 sprint drills, 60' fitness run (Fit), med-ball	26 2 mile tempo on XC (Tem), 4 x 150 on track (Spe) lunge matrix	27 lunge matrix, recovery run 40'-50' (Rec) , core work	28 Vans-3,4,5, Hills or Suburban (Fit) lunge matrix	29 Easy recovery run (Rec) , 30' – 40', 8xstrides	30 River at 8am – long run, (Rec – Fit)	3-week
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Extra Mile Club: add options- 2 am runs of 4 mi, post race day run of 4-5 mi, or add 5'-7' on recovery and fitness days.

**Month: September (Black Opps.)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Aug 31 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	1– NO SCHOOL Meet in foothills for 45'-55' hilly (Fit)	2 lunge matrix, recovery run 40'-50' (Rec), core work	3 Vans-3,4,5, lunge matrix , 60' fitness run (Fit) sprint drills, med-ball	4 10' (Rec), 10 x 1' on (Cru) 1' off (Rec), 10' (Rec) lunge matrix	5 Pre-meet 30' (Rec), 4 x 150's (Spe)	6 UNM Invite	4-week
7 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	8 sprint drills, 2 x 1.5 mile tempo on XC (Tem), 4 x 150's (Spe), med-ball	9 lunge matrix, recovery run 40'-50' (Rec) , core work	10 light progression run of 45' (Rec-Fit-Tem) , strides or short hills (Spe)	11 AM shakeout (Rec), Pre-meet 30' (Rec), 4 x 150's (Spe)	12 Liberty Bell	13 45' – 50' easy at Garden of the Gods, Co. Springs, CO (Rec)	5-week
14 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	15 sprint drills, 2 man relay, 6 – 8 x Solar Loops (VO2), med-ball	16 lunge matrix, recovery run 40'-50' (Rec), core work	17 Vans-1, 3,4, 60+ min. in foothills (Fit), core work	18 lunge matrix, recovery run 40'-50'(Rec), 6 x strides (Spe)	19 Pre-meet 30' (Rec), 4 x 150's (Spe)	20 Cleveland Invite	6-week
21 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	22 Vans-3,4,5, fitness run of 50' – 60' in foothills (Fit)	23 sprint drills, 10 x 90 second fartlek on perimeter & course (Cru) med-ball	24 lunge matrix, recovery run 40'-50' (Rec), core work	25 Pre-meet 30' (Rec), 4 x 150's (Spe) lunge matrix	26 Home Invite	27 Long Run at River 60' – 75' (Rec – Fit)	7-week



<p>28 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest</p>	<p>29 3 x 4 x 1 mile repeats w/ 3 min (VO2) sprint drills, med-ball</p>	<p>30 lunge matrix, recovery run 40'-50' (Rec), core work</p>					8-week
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Extra Mile Club: add options- 2 am runs of 4 mi, post race day run of 4-5 mi, or add 5'-7' on recovery and fitness days.

Month: October

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Longest Run of Season: (8 – 13 miles) *nobody over 13 (Rec)	2 lunge matrix, Easy recovery run (Rec), 30' – 40', 8xstrides (Spe)	3 recovery run 40'-50' Rec), core work	4 Blue Tower Hill Challenge (Fit), & Brunch	8-week
5 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	6– NO SCHOOL 60' – 70' On Your Own (Fit)	7 lunge matrix, Running Times – (1.5 mi tempo, 1 mi race, .5 mi sub-race, .25 fast) (Tem-VO2 – VO2) 10' cool down (Rec)	8 Vans-3,4,5, sprint drills, recovery run on bikepath 40'-50' (Rec) , core work	9 lunge matrix, Easy recovery run, 30' – 40' (Rec), 8xstrides (Spe)	10 Pre-meet 30' (rec), 4 x 150's (Spe)	11 Metro Meet	9-week
12 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	13 sprint drills, 5x1000 w/ 3 min (VO2), 15' cool down	14 lunge matrix, recovery run 40'-50' (Rec), core work	15 Vans-3,4,5, 60 min fitness run through foothills (Fit)	16 lunge matrix, recovery run 40'-50' (Rec), core work	17 Pre-meet 30' (Rec), 4 x 150's (Spe)	18 Rio Rancho Jam	10-week
19 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	20 sprint drills, 2 man relay, 6 – 8 x Solar Loops (VO2)	21 lunge matrix, recovery run 40'-50' (Rec), core work	22 30 min run (Rec), into 1 mile tempo (Tem), into 1 mile jog (Jog) w/ shoes off	23 Pre-meet 30' (Rec), 4 x 150's (Spe), lunge matrix	24 Los Alamos	25 River Run at noon, 60' (Rec), brunch	11-week
26 1- run 30' – 60'(Rec) or 2- cross train, or 3- rest	27 sprint drills, Grab-Bag Fartlek (random 5', 4', 3', 2' 1' hard with random 5', 4', 3', 2', 1' easy) (On-Cru, off- Rec)	28 Vans-3,4,5, 50' fitness run (Fit) lunge matrix	29 recovery run 40'-45' (Rec), core work, 4 x 150's (Spe)	30 Pre-meet 30' (Rec), 6 x strides (Spe),	31 District @ AA <i>Halloween</i>		12-week

Extra Mile Club: add options- 2 am runs of 4 mi, post race day run of 4-5 mi, or add 5'-7' on recovery and fitness days.

Month: November

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Meet at River, 11am, 60' recovery run (Rec)	13-week
2 REST	3 sprint drills, 10' (Rec) 6' tempo, 4' race pace (Cru), 2' race pace (VO2), 10' (Rec)	4 no lunges, 40'-45', (Rec) core work	5 2 mi (Rec), 3 x 600 (VO2) w/ 2 mi (Jog), 2 mi (Rec)	6 Pre-meet 30' (rec), 4 x 150's (Spe)	7 – NO SCHOOL Pre-meet, 1 x State course (Rec), 2 x 150's (Spe)	8 STATE @ Rio Rancho	14-week
9 REST or 20' – 30' (Rec)	10 - On Your Own 45' – 50' , recovery pace (Rec)	11 On track - 2K, 1600, 1200, 800, 400 @ low altitude race pace (VO2)	12 no lunges, 40'-45', (Rec) core work	13 Sprint drills, 30' – 40' (Rec), 6 x strides (Spe)	14 60' progression run, (Fit-> Tem)	15 On Your Own 45' – 50' , recovery pace (Rec)	15-week
16 1- run 20' – 40'(Rec) or 2- rest	17 30' (Rec)	18 5 x baseball field loops (800's) w/ 2 min recovery (VO2)	19	20	21	22 NXR @ Casa Grande	16-week
							Week 13

No Extra Mile Club work.

