

2018 Loudoun Valley Boys Cross Country Training

2018 Loudoun Valley Boys Cross Country Training						
JUNE						
MON	TUES	WED	THUR	FRI	SAT	SUN
19	20	21	22	23	24	25
20 minute easy run OR 20 minute run-walk (4min on/1 min off)	20 min run or run/walk. 4x 100 meter strides.	10+10+10: Easy run 10 mins. Then 10 mins circuit (do exercise, stride to cone, walk/jog back) 10 mins easy run afterwards.	25 mins easy	20 mins easy to steady pace. Post-run circuit: Intro to band circuit.	LONG RUN. 40 mins combined running and walking. Either 30 mins of easy running or 30 mins of run/walk (4 mins on, 1 min off). After 30 mins, do 10 mins of fast walking.	DAY OFF
40 minute easy run	30 minute easy run, then 4x 100 strides with 100 jog backs. Easy run 5 minutes after the strides, on the turf, in your socks.	25 mins easy run, back to track. 10 mins circuit plus strides (do an exercise, stride to cone, walk or jog back) 10 mins easy run.	40 minute easy run	40 minute easy run	55-60 minutes	DAY OFF
26	27	28	29	30	JULY 1	2
25 mins easy. 5x 100 strides (jog 100 in between).	Easy run 5k on our home course.	10+15+10: Easy run 10 mins. Then 15 mins circuit (do exercise, stride to cone, walk/jog back) 10 mins easy run afterwards. Hurdle mobility drills.	24 mins hilly run.	25 mins easy. 4-5x wicket runs.	LONG RUN. 45 mins combined running and walking. Either 35 mins of easy running or 35 mins of run/walk (4 mins on, 1 min off). After 35 mins, do 10 mins of fast walking.	DAY OFF

45 mins easy. 5x 100 strides (jog 100 in between)	Franklin Park 5K course. Run the course, then do 4x hill strides (about 20-25 seconds) on the back part of the 800 loop (jog down other side). Easy run 12 mins.	30+15+5 Easy 30 mins, back to track. 15 min circuit plus strides (do an exercise, stride to cone, jog back) 5 min easy run.	35-40 minute hilly run	40 min run. 6x wickets.	LONG RUN. 60-65 mins.	Day off for 6 day a week runners. Easy 25-30 for 7 day a week runners
3	4	5	6	7	8	9
30 mins easy. Post-run bodyweight circuit #1	Hills: 10 mins easy run to bike path/horse path. Spend 10 mins on the hill, running up the hill on the bike path at a stride pace, and then easy jog down the soft horse path. Easy 10 mins back to school.	25 mins easy. Hurdle mobility drills. Post-run bodyweight circuit #3	15+8x100+6: Easy run 15 mins, back to turf field. 8x 100 strides, about mile race effort, with 100 jog backs. Then 6 easy mins on turf, last 3 can be barefoot or in socks.	25 mins easy. Post-run circuit: Pick your own circuit!	LONG RUN. 45 mins combined running and walking. Run 40 mins, or take 1 min walk breaks if needed (most of you will not need many walk breaks). Walk 5 mins fast after the run.	DAY OFF

50 mins easy	Hills. Easy to moderate run on trail to Ivandale and back to the bottom of the hill near the bench (about 2.25 miles). Then do 4-5x the long hill (about 35-45 seconds depending) on the trail, all the way up to the sign. Easy run down the horse path for each rep. Steady run back to school till you get to 45 minutes.	40 mins easy	40 mins total. 25 minutes easy run, come back to the track. Then do 8x 100 meters on the turf field. Run at about mile race effort. Jog back 100 meters in between, very easy pace. After the 100's , do 12 minutes easy to moderate running. You can do 5 minutes of this in your socks or barefoot on the turf if you like.	40 mins easy.	LONG RUN. 65-70 mins. Do 5 more mins than last week.	Day off for 6 day a week runners. Easy 25-30 for 7 day a week runners
10	11	12	13	14	15	16
35 mins total. Easy run 20 mins, back to turf, then 8x100 strides with 100 jog backs. Easy run till you get to 35 mins.	35 mins total, including 5K on our home course. After running the course, do 3-4x 20 second hill reps at mile race effort (jog down). Easy run till you get to 35 mins.	10+8x100+6: Easy run 10 mins, back to turf field. 8x100 strides, about mile race effort, with 100 jog backs. Then 6 easy mins on turf, last 3 can be barefoot.	30 mins hilly run. You may take 2-3x 1 min walk breaks if necessary.	10 minute easy run, then BW circuit #3 with 30 meter strides (jog back) in between exercises. 15 minute easy run after the circuit.	LONG RUN. 45-50 minutes of easy running. If you need a few 1 minute walks during the run, that is fine.	Day off for 6 day a week runners.

<p>50 min run with 8x100 strides. Run 30 minutes, back to track. Then do 8x 100 @ about 1600 race effort with 100 jogs in between. Easy run till you get to 50 minutes.</p>	<p>50 mins total. Run course till you get to bottom of the big hill (about 1.5 miles into the course). Do 5-6x long hill (at least 40 seconds) at about 5K effort. Easy jog down. Easy run till you get to 50 minutes. You can do some of it off the Franklin course, but spend a good portion of the run on grass.</p>	<p>45 mins with 12x 20 second pickups (40 sec easy in between). Pickups should begin at the halfway mark of your run and should be at approximately 1600 effort.</p>	<p>45 mins on hilly course.</p>	<p>30+ circuit + 10. 30 minute easy run, then BW circuit #3 with 30 meter strides (jog back) in between exercises. 10 minute easy run after the circuit.</p>	<p>LONG RUN. 70-75 minutes. Do 5 mins more than last week.</p>	<p>Day off for 6 day a week runners. Easy 25-40 for 7 day a week runners. Very light recovery run.</p>
<p>NOTE: Top kids who competed at NBON return to practice. They are 2-3 weeks behind the other groups since we anticipate a long season for them. 35 min run with 8x100 strides. Run 20 minutes, back to track. Then do 8x 100 @ about 1600 race effort with 100 jogs in between. Easy run till you get to 35 minutes.</p>	<p>5x long hill on back part of Franklin Park course. Run course till you get to bottom of the big hill. Do 5x long hill (at least 40 seconds) at about 5K effort. Easy jog down. Easy run till you get to 45 minutes. You can do some of it off the Franklin course, but spend a good portion of the run on grass.</p>	<p>8x 20 second pickups (40 sec easy in between).40 minutes total. Start with 20 mins easy, then do 8x 20 second pickups with 40 seconds easy in between. Easy run 12 minutes to finish up.</p>	<p>Lincoln hilly run. 40 mins on hilly course.</p>	<p>30+ circuit + 10. 30 minute easy run, then BW circuit #3 with 30 meter strides (jog back) in between exercises. 10 minute easy run after the circuit.</p>	<p>LONG RUN. 60 mins</p>	<p>DAY OFF</p>
17	18	19	20	21	22	23