

CREEK XC Training

Core Beliefs

1. June and July are the most important training months. (You don't have to run.)
2. Progression long runs make athletes feel strong.
3. Threshold/tempo runs are the most important workouts.
4. Limit the number of MaxVo2 workouts.
5. Touch on speed every day.
6. Add cross training/doubles 2-3 times a week, 30-60 minutes.
7. INDIVIDUALIZE. Work your athletes' strengths and touch their weaknesses.
8. Workout days need ENERGY & SYNERGY!
9. Details matter. (Drills/Core/Strength/Cooldown,etc)
10. **Don't be afraid to work your athletes hard. They will work to the standard you set. Don't let your athletes settle for average.**

Mileage progression: It all depends on how much athletes have done in the past and what their body can handle.

Gender	1 st year	2 nd year	3 rd year	4 th year
Male	30-40 miles	45-55	55-65 miles	60-75 miles
Female	20-30 miles	30-40 miles	35-48 miles	40-55 miles

These are peak mileage goals in August. We try to drop 5-7 miles by mid-September. Then we hold that number until the last 2 weeks of season where we might drop another 5 miles max. In the summer it takes about 7-8 weeks to hit peak mileage if they started training in early June.

Workouts and Paces

Mileage Runs:

- Kenyan mile (1st mile of run) can be slow; sometimes I tell the girls not to count it as part of their mileage.
- Most runs should be like progression runs. Last one=best one.
- Pace : 90 seconds-2 min slower than race pace for 5K

Long run 60-90 minutes (6-11 miles)

- We like to run on trails.
- We go Sugarcreek Reserve, a 3-mile loop that is hilly. Our goal is to make each loop faster. The last loop should be around **Aerobic Threshold pace**.
- Strides (6-8 around 100 meters)

2 Mile Lactate Threshold runs:

My favorite workout. After warm-up, athletes run 2 mile at LT pace. I use Joe Vigil's definition to figure out pace. **Current mile time + 40 seconds x 2 = goal time for 2-mile run.** Example: 5-minute miler would $5+40 \text{ sec} = 5:40 \text{ pace} \times 2 = 11:20$. Goal would be an 11:20. Some of our older boys will do this for 3 miles.

Aerobic Threshold runs: Athletes do 3-4 miles at AT pace. Use Joe Vigil's charts. **Pace is take your current mile pace and add 1 min.** That is your goal pace for 4 miles. Ex: 5:00 mile time. Current goal pace is 6:00. 4-mile run at 24 minutes

Chase Runs : Goal(s) of the workout: longer threshold run (3-5 miles) and to make girls more competitive

- After warm-up, the start the girls from slowest to fastest. The goal for everyone was to be the first one back.
- Yes, it is a race, but the pace during the summer rarely ever reaches race pace.
- Have prizes for the winner
- Coach Russ would participate. THEY LOVED PASSING ME.

7-7-7 Workout

- Modified from Doug Soles (Great Oak)
- Create a loop (my loops were usually 400-600 meters)
- Run 7 min. at aerobic threshold
- 7 min. at LT threshold
- 7 min. hard
- 21 minutes straight running (no breaks). **Rest 7 min.**
- We would then do a 5x5x5 or
- 3x3x3 or
- 10 min. of 1 min. on/1 min. off
- THIS IS THE GIRLS' FAVORITE WORKOUT

Critical Velocity workouts (CV) Tinman workouts Mix workouts

- Intervals at CV pace (10K) I use Tinman calculator
<https://runfastcoach.com/calc2/index.php>
- 15-20 second hill sprints
- 20 second surges

MaxVo2 Intervals: We do 1600, 1200s, 1000s, 800s, or 400's. Pace is between 5K-3200 pace.

4x1200 with 3 min rest

5x1000 with 2 ½ min rest

6x800 with 2min rest

10x500 with 90 sec rest (Colorado workout)

400/200 drill

8x400 at 5K pace with 200 FLOAT between 55-60 second

Oregon/Pre Drill (30-40 drill) 200 fast-200 float

- For girls I have done 40-50 or 45-55
- We would usually do 5-8 laps rest then do a second set

Fartlek Workouts:

BYU Fartlek: <https://www.youtube.com/watch?v=EfqGU0AsOs0&t=9s>

5 on 4 jog/4 on 3 jog/3 on 2 jog

Rest 5 min

4 on 3 off/3 on 2 off/ 3 on

2 sets of 10x(1 min on 1 min jog) 1 mile jog in between sets

5-4-3-2-1

5 on 4 jog/4 on 3 jog/3 on 2 jog/2 on 1 jog/1 min fast

Jog 5 min

Another set or maybe 6 x 1 min on 1 min off

Speed day: We do speed on Tuesdays . We want really fast: 90-95% effort with lots of rest. Works on running economy. 40-200 meters. We also do speed ladders, wickets, and work on good form

Short hill sprints: Use a grass hill, or we have a road hill. 10 seconds at 95%. Full recovery. Increase the number of sprints by 1 each week. Start at 4 and add 1 per week until reach 10.

Double runs/cross training: Most of the girls cross train: spinning bike, elliptical , swimming, or water running. We have spinning bikes at practice. 30-45 min., 3-4 times a week. We do intervals most days to break up just biking. I have had some older girls do double runs but not until junior year: 3-5 miles, 2-3 days a week.

Strength training/core:

- We do core, hip mobility, and push-ups daily. We were not in the weightroom this year. During the summer we did bodyweight circuits and dumbbells for 20-30 min two times a week.

Speed Every day.

- 60-100 meter strides
- Short speed 50-300M with big rest.
- 10 second hill sprints with full recovery
- 20-30 bursts on a normal run
- Speed ladders, mini hurdles, jump rope
- Barefoot strides

CREEK XC 2021 Training Synergy Project

Week of	Monday	Tuesday	Wed	Thurs	Fri	Sat
June 6th	Long run	mileage	Mileage	mileage	mileage	off
June 13th	Long run	mileage	Mileage	mileage	mileage	mileage
June 20th	Long run	mileage+speed	3x800 threshold	mileage	Mileage Last 1.5 threshold	mileage
June 27th	Long run	Mileage+speed	Mileage and 1 mile at threshold	mileage	800s at threshold	mileage
July 4th	Long run	Mileage+ Speed	Threshold Intervals 4x1200 2x800	mileage	Chase run 3 miles	mileage
July 11th	Long run Progression	Mileage+ speed	1000s at Threshold	mileage	3 miles at threshold	mileage
July 18th	Long run Progression	Mileage+ speed	CV intervals/hills/ speed	Mileage	Threshold run chase run	Mileage
July 25th	Long run Progression	Mileage+ speed	7-7-7 5-5-5	mileage	4 mile threshold	5 mile
Aug 1	Long run Progression	mileage+speed	2 mile tt 2 mile threshold	mileage	1 hour hard on loop	mileage
Aug 8th	Long run Progression	mileage+speed	Progression run	mileage	7-7-7 5-5-5	Mileage
Aug 15th	Long run Progression	mileage+speed	CV intervals/hills/ speed	mileage	3 -4 mile threshold Chase run	mileage
Aug 22	Long run Progression	7x7x7 5x5x5	mileage	mileage	mileage	Northmont
Aug 29th	Long run 10 miles	mileage	BYU Fartlek Flotrack video For specifics	2mile threshold	Premeet	Hot summer bash
Sept 5	Longrun last 3 at threshold	mileage	7x7x7 10 min 1 on 1 off	3x1 mile threshold repeats	Premeet	Troy 1 mile 1 min on-1 off. 1 thresh. Last mile 1on 1 off 2x800
Sept 12	8 miles	2x2 mile then 5x20 second burst	6 miles	Premeet	Michigan st	

Sept 19	Long run 8-10 miles	mileage	4x1200 MaxVo2 (3 min rest) 300s	2 mile threshold	Premeet	Fairmont
Sept 26	6 then 3x1 mile	mileage	Sandberg workout 1xmile threshold Rest 90 5x400(float 200) Rest 2 min 5x200 fast 200 float	2 mile threshold 600 meters of speed	Premeet	Centerville Night race
Oct 3rd	6 mile then 3x1mile	Mileage Speed or hills	2 mile TT under the lights	mileage	Choice 7-7-7 or 400/200 Or 5-4-3-2-1 Fartlek	(Grace,emeli e, macie) 7-7-7 then 3x350 homecoming
Oct 10	5 miles then 3x 1mile	mileage	2 mile threshold then 3x300s	Easy mileage	Ran the course	GWOC
Oct 17	Long Run 8 miles easy	2000 or 1.5 hard. Rest 7 min then 1 mile at 91%	2-3x 1 mile at threshold with 90 sec rest then 3-4 400s with double rest	5 miles who group	Premeet. Ran the course	Districts
Oct 24	Long run 7 miles easy	2000 at controlled hard 1 mile 91%	2-3x1 mile threshold 90 sec rest 3-4 300s	5 miles	Premeet at Troy	Regionals
Oct 31	Long Run 6 miles strides	1600 control hard 1 mile 91%	2-3x1 mile threshold 90 sec rest 3-4 300s or 200s	4 miles	Run the course at state	State meet
Nov 7th	Long run 6 miles	1 mile all out (4 PRs)	2-3x1 mile threshold 200s or 150s	rest	4 miles strides	3 miles strides