

MS Cross Country Pre-season Workouts

Terms:

Aerobic pace: “Comfortably hard.” You should be able to speak occasionally to a running buddy, but singing a song would be impossible.

Strides: Accelerating over a set distance starting from 40% effort and ending at 80% effort. They aren’t complete sprints, but at the end you should be moving fast.

Threshold pace: We’ll work on finding our “lactate threshold” throughout the season. For now, target somewhere between aerobic and race pace. By the end of the workout, you shouldn’t be totally exhausted, but you should feel like you put in a hard effort.

The workouts below are on your own unless otherwise noted.

Workouts by Week

June 17

M: 15min aerobic. 4x100m strides T: 15min aerobic. 4x100m strides. W: 20min aerobic. 4x100m strides. Th: 15min aerobic → 10min tempo → 5min aerobic (no rest in between) 4x100m strides F: 20min aerobic. 4x100m strides. Sat: 25min aerobic. 4x100m strides. Sun: REST.

June 24

M: 20min aerobic. 4x100m strides T: 20min aerobic. 4x100m strides. W: 25min aerobic. 4x100m strides. Th: 10min aerobic → 15min tempo → 5min aerobic (no rest in between) 4x100m strides F: 25min aerobic. 4x100m strides. Sat: 25min aerobic. 4x100m strides. Sun: REST.

July 1

M: 5min aerobic → 20min threshold → 5min aerobic. 4x100m strides T: 25min aerobic. 4x100m strides. W: 30min aerobic. 4x100m strides. Th: 10min aerobic → 15min tempo → 5min aerobic. 4x100m strides F: 30min aerobic. 4x100m strides. Sat: 35min aerobic. 4x100m strides. Sun: REST.

Starting from the week of July 8, make a conscious effort to run your aerobic runs slightly faster each week (not each day!).

July 8

M: 5min aerobic→20min threshold→5min aerobic. 4x100m strides T: 25min aerobic. 4x100m strides. W: 30min aerobic. 4x100m strides. Th: 5min aerobic→20min tempo→5min aerobic. 4x100m strides F: 30min aerobic. 4x100m strides. Sat: 35min aerobic. 4x100m strides. Sun: REST.

July 15

M: 5min aerobic→20min threshold→5min aerobic. 4x100m strides T: 25min aerobic. 4x100m strides. W: 30min aerobic. 4x100m strides. Th: 5min aerobic→20min tempo→5min aerobic. 4x100m strides F: 30min aerobic. 4x100m strides. Sat: 35min aerobic. 4x100m strides. Sun: REST.

July 22

M: 10min aerobic→20min threshold→5min aerobic. 4x100m strides T: 25min aerobic. 4x100m strides. W: 30min aerobic. 4x100m strides. Th: 5min aerobic→20min tempo→5min aerobic. 4x100m strides F: 30min aerobic. 4x100m strides. Sat: 40min aerobic. 4x100m strides. Sun: REST.

July 29

M: 10min aerobic→20min threshold→5min aerobic. 4x100m strides T: 25min aerobic. 4x100m strides. W: 30min aerobic. 4x100m strides. Th: 5min aerobic→20min tempo→5min aerobic. 4x100m strides F: 30min aerobic. 4x100m strides. Sat: 45min aerobic. 4x100m strides. Sun: REST.

Starting the week of August 5 we will meet at 3:30pm by the scoreboard at the track. On Monday (8/5), I'll hold a parents meeting directly after practice to answer questions about the season. August 9 is registration and athletes will practice on their own.

August 5

M: 25min aerobic run. 4x100m strides T: 15min threshold pace→10 min relaxed cooldown. W: 25min aerobic. 4x100m strides. Th: 5min aerobic→15min

tempo → 5min aerobic. 4x100m strides F: **ON YOUR OWN!** 30min aerobic. 4x100m strides. Sat: 45min aerobic. 4x100m strides. Sun: REST.

Summer Running Tips

Hydrate! Drink water throughout the day, not just before and after your workout. If you feel thirsty, you are already too dehydrated.

Running Buddies: Run with a friend or family member. This keeps you mentally sharp and at a good pace.

Consistency: The key to improvement is consistency. Put in a solid, similar effort each day. Don't have "spikey" performance (big highs and lows).

Running routes: Try to run similar routes so you can see yourself getting faster. See if you can go farther/do more loops as the summer goes on.