

Summer XC Training- 70mpw

14 Week Training Plan



Week #1

Plan Day #1

Run

Planned: 5 mi

Plan Day #2

Run

5mi + 5x100m strides

Planned: 5 mi

Plan Day #3

Run

Planned: 6 mi

Plan Day #4

Run

Planned: 5 mi

Plan Day #5

Run

Planned: 6 mi

Plan Day #6

Run - Long Run

Planned: 9 mi

Plan Day #7

Week #2

Plan Day #8

Run

5mi + 5x100m strides

Planned: 6 mi

Plan Day #9

Run

Planned: 7 mi

Plan Day #10

Run

Planned: 8 mi

Plan Day #11

Run

Planned: 7 mi

Plan Day #12

Run

6mi+ 5x100m strides

Planned: 6 mi

Plan Day #13

Run - Long Run

Planned: 11 mi

Plan Day #14

Week #3

Plan Day #15

Run

6mi+ 5x100m strides

Planned: 7 mi

Plan Day #16

Run

Planned: 8 mi

Plan Day #17

Run

Planned: 4 mi

Run

4miles- slight progression/pickup to the finish

Planned: 4 mi

Plan Day #18**Run****Planned:** 8 mi**Plan Day #19****Run****Planned:** 7 mi**Plan Day #20****Run - Long Run****Planned:** 12 mi**Plan Day #21****Week #4****Plan Day #22****Run****Hill Sprints****Planned:** 6 mi

3mi easy, 6x short hill sprints, 2mi easy

Short hills= 8-10 seconds long. walk down recovery. Moderate Hill

Plan Day #23**Run****Planned:** 8 mi**Plan Day #24****Run****Planned:** 6 mi**Run****Planned:** 4 mi

Slightly faster than normal

Plan Day #25**Run****Planned:** 9 mi**Plan Day #26**

Run**Planned:** 8 mi**Plan Day #27****Run - Long Run****Planned:** 12 mi**Plan Day #28****Run****Planned:** 4 mi**Week #5****Plan Day #29****Run****Planned:** 9 mi**Plan Day #30****Run****Hill Sprints****Planned:** 7 mi

4mi easy, 6x short hill sprints, 2mi easy

Short hills= 8-10 seconds long. walk down recovery. Moderate Hill

Plan Day #31**Run****Planned:** 9 mi**Plan Day #32****Run****Planned:** 9 mi**Plan Day #33****Run****Planned:** 8 mi**Plan Day #34**

Run - Long Run

Planned: 13 mi

Plan Day #35

Run

Planned: 5 mi

Week #6

Plan Day #36

Run - Fartlek

60sec Pickups

Planned: 8 mi

3mi easy, 6x1min on/off at tempo effort- keep under control, 3mi easy

Plan Day #37

Run

Planned: 6 mi

Run

Planned: 5 mi

Plan Day #38

Run

Planned: 10 mi

Plan Day #39

Run

8mi+ strides

Planned: 8 mi

Plan Day #40

Run

Planned: 8 mi

Plan Day #41

Run - Long Run

Planned: 14 mi

Plan Day #42

Week #7

Plan Day #43

Run

Planned: 9 mi

Plan Day #44

Run

Planned: 9 mi

Plan Day #45

Run

Planned: 6 mi

Run

5mi + 5x100m strides

Planned: 5 mi

Plan Day #46

Run

Planned: 10 mi

Plan Day #47

Run

Planned: 9 mi

Plan Day #48

Run - Long Run

Planned: 14 mi

Plan Day #49

Run

Planned: 6 mi

Week #8

Plan Day #50

Run - Tempo Run

Moderate Tempo

Planned: 7 mi

2mi warm up

15min at controlled tempo effort

2mi cool down

Plan Day #51

Run

Planned: 6 mi

Run

Planned: 6 mi

Plan Day #52

Run

9mi run

Planned: 9 mi

Plan Day #53

Run

Hill Sprints

Planned: 8 mi

5mi easy, 6x short hill sprints, 2mi easy

Short hills= 8-10 seconds long. walk down recovery. Moderate Hill

Plan Day #54

Run

9mi run

Planned: 9 mi

Plan Day #55

Run - Long Run

Planned: 15 mi

Plan Day #56

Run

Planned: 6 mi

Week #9

Plan Day #57

Run

Planned: 10 mi**Plan Day #58****Run**

9mi run

Planned: 9 mi**Plan Day #59****Run**

6mi+ 5x100m strides

Planned: 6 mi**Run****Planned:** 6 mi**Plan Day #60****Run****Easy with Pickups****Planned:** 8 mi

A normal distance run with a few pickups included. SOmething to the effect of 6-8x30sec w/90sec easy. Pace controlled- 10k type effort.

Just some light turnover and a little bit of getting the aerobic system revved up.

Plan Day #61**Run**

9mi run

Planned: 9 mi**Plan Day #62****Run - Long Run****Planned:** 15 mi**Plan Day #63****Run****Planned:** 7 mi**Week #10****Plan Day #64**

Run - Tempo Run**20 minute Tempo****Planned:** 8 mi

2mi warm-up

20minutes at Tempo effort

2mi cool down

Plan Day #65**Run****9mi run****Planned:** 9 mi**Plan Day #66****Run****9mi run****Planned:** 9 mi**Plan Day #67****Run****Hill Sprints****Planned:** 8 mi

5mi easy, 6x short hill sprints, 2mi easy

Short hills= 8-10 seconds long. walk down recovery. Moderate Hill

Plan Day #68**Run****9mi run****Planned:** 9 mi**Plan Day #69****Run - Long Run****Long Run with pickup****Planned:** 13 mi

slight pickup the last 10minutes of the long run.

Plan Day #70**Run****Planned:** 6 mi

Week #11**Plan Day #71****Run - Tempo Run****Tempo- Split Up****Planned:** 8 mi

2mi warm up

25min tempo run. Split up how you'd like (i.e. 15/5/5 or 20/5 or 10/10/5 or whatever you feel. Take 1-2min easy between reps) Keep at tempo effort.

2mi c/d

Plan Day #72**Run****Planned:** 10 mi**Plan Day #73****Run****Planned:** 6 mi**Run****Planned:** 6 mi**Plan Day #74****Run****Hill Sprints****Planned:** 8 mi

5mi easy, 8x short hill sprints, 2mi easy

Short hills= 8-10 seconds long. walk down recovery. Moderate Hill

Plan Day #75**Run****Planned:** 9 mi**Plan Day #76****Run - Long Run****Planned:** 15 mi**Plan Day #77****Run****Planned:** 7 mi

Week #12**Plan Day #78****Run - Fartlek****Planned:** 8 mi

2mi warm-up

2x4min @ tempo effort

2x3min @ 10k effort

2x2min @ 5k effort

with 90sec easy between reps

2mi c/d

Plan Day #79**Run****Planned:** 9 mi**Plan Day #80****Run****Planned:** 7 mi**Run****Planned:** 5 mi**Plan Day #81****Run****Planned:** 10 mi**Plan Day #82****Run****Planned:** 9 mi**Plan Day #83****Run - Long Run****Progression Run****Planned:** 12 mi

3miles easy, 5-6miles gradual progression- start easy and gradually cut-down each mile until the last mile is around tempo effort, 3mi easy

Plan Day #84**Run****Planned:** 8 mi

Week #13**Plan Day #85****Run - Fartlek**

4-5x5min

Planned: 9 mi

2mile warm-up

4 to 5 x5min w/ 2min easy- working down from tempo to 10k effort

2mi c/d

Plan Day #86**Run**

Planned: 9 mi

Plan Day #87**Run**

Planned: 9 mi

Plan Day #88**Run - Fartlek**

60sec Pickups

Planned: 8 mi

3mi easy, 8x1min on/off at 10k to 5k effort, 3mi easy

Plan Day #89**Run**

Planned: 9 mi

Plan Day #90**Run - Long Run**

Planned: 14 mi

Plan Day #91**Week #14****Plan Day #92****Run**

Planned: 7 mi

Run

5mi + 5x100m strides**Planned:** 5 mi**Plan Day #93****Run - Track Workout****Cruise Intervals- 400s****Planned:** 7 mi

2mi w/up

2 sets of 5x400m w/ 100m jog rest @ 5k effort. 3min rest between

2mi c/d

Plan Day #94**Run****Planned:** 9 mi**Plan Day #95****Run****Cut Down Workout****Planned:** 9 mi

2mi w/up

10min- tempo

7min- 15k effort

5min- 10k effort

2:30- 5k effort

with 3min jog between

2mi c/d

Plan Day #96**Run****Planned:** 6 mi**Plan Day #97****Run - Long Run****Planned:** 15 mi**Plan Day #98****Run****Planned:** 7 mi