

**Golden
Coast**



**Track
Club**

High School XC Training Plan

**Summer Goal:
400 miles**



This training guide was created by the Golden Coast Track Club. Home of 70 All American awards, 9 NCAA titles, 16 National titles, 22 World Team and 4 Olympic Team appearances.



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**To View Our
Running Form Drills Series,
Click on the Drills of the Week**

HS XC


Week One

MON	Easy Run 5 miles easy	 Drills of the Week
TUE	Hill Circuits 4 miles easy, 5 x (200m hill, 100m jog down, 100m hill, 200m jog down), 1/2 mile cool down	
WED	Rest and Recovery Off Day	
THU	Run on Rolling Hills 7 miles on rolling terrain *strong effort on the uphill	
FRI	Rest and Recovery Off Day	
SAT	Easy Run with Grass Strides 3 1/2 miles easy, 8 x 100m strides on the grass w/30 sec rest	
SUN	Long Run 8 miles easy	


Week Two

MON	Rest and Recovery Off Day	 Drills of the Week
TUE	Short Hill Sprints 6 miles easy, 10 x 50m steep hill sprints w/walk back to the start, 1/2 mile cool down	
WED	Easy Run 6 miles easy	
THU	Run on Rolling Hills 7 miles on rolling terrain *strong effort on the uphill	
FRI	Rest and Recovery Off Day	
SAT	Easy Run with Grass Strides 5 miles easy, 8 x 150m strides on the grass w/45 sec rest	
SUN	Long Run 9 miles easy	


Week Three

MON	Rest and Recovery Off Day	 Drills of the Week
TUE	Hill Circuits 4 miles easy, 4 x (300m hill, 200m jog down, 200m hill, 100m jog down, 100m hill, 300m jog down), 1/2 mile cool down	
WED	Easy Run 6 miles easy	
THU	Hill Fartlek 2 mile warm up, 3 miles of (2 min hard/2 min easy on rolling terrain) 2 mile cool down	
FRI	Rest and Recovery Off Day	
SAT	Easy Run with Grass Strides 5 miles easy, 8 x 150m strides on the grass w/45 sec rest	
SUN	Long Run 9 miles easy	

Week Four

MON	Rest and Recovery Off Day	 Drills of the Week
TUE	Medium Hill Sprints 6 miles easy, 8 x 100m steep hill sprint w/walk-jog back to start, 1 mile cool down	
WED	Easy Run 5 miles easy	
THU	Tempo on Hills 2 mile warm up, 3 miles at moderate pace on rolling terrain, 2 mile cool down	
FRI	Easy Run 5 miles easy	
SAT	Easy Run with Grass Strides 4 miles easy, 8 x 150m strides on the grass w/45 sec rest	
SUN	Long Run 10 miles easy	

Week Five

MON	Rest and Recovery Off Day	 Drills of the Week
TUE	Hill Circuits 4 miles easy, 5 x (300m hill, 200m jog down, 200m hill, 100m jog down, 100m hill, 300m jog down), 1/2 mile cool down	
WED	Easy Run 5 miles easy	
THU	Hill Fartlek 2 mile warm up, 3 miles of (2 min hard/2 min easy on rolling terrain) 2 mile cool down	
FRI	Easy Run 5 miles easy	
SAT	Easy Run with Grass Strides 4 miles easy, 8 x 150m strides on the grass w/45 sec rest	
SUN	Long Run 10 miles easy	

Week Six

MON

Rest and Recovery

Off Day



Drills of the Week

TUE

Medium Hill Sprints

6 miles easy,
8 x 100m steep hill sprint w/walk-jog back to start,
1 mile cool down

WED

Easy Run

5 miles easy

THU

Tempo on Hills

2 mile warm up,
3 miles at moderate pace on rolling terrain,
2 mile cool down

FRI

Easy Run

5 miles easy

SAT

Easy Run with Grass Strides


4 miles easy,
8 x 150m strides on the grass w/45 sec rest

SUN

Long Run

10 miles easy

Week Seven


MON	Rest and Recovery Off Day	 Drills of the Week
TUE	Hill Circuits 4 miles easy, 5 x (300m hill, 200m jog down, 200m hill, 100m jog down, 100m hill, 300m jog down), 1 1/2 mile cool down	
WED	Easy Run 6 miles easy	
THU	Hill Fartlek 2 mile warm up, 4 miles of (2 min hard/2 min easy on rolling terrain) 2 mile cool down	
FRI	Easy Run 6 miles easy	
SAT	Easy Run with Grass Strides 4 miles easy, 8 x 150m strides on the grass w/45 sec rest	
SUN	Long Run 11 miles easy	

Week Eight

MON

Rest and Recovery

Off Day

 Drills of the Week

TUE

Long Hill Sprints

6 miles easy,
10 x 150m steep hill sprint w/walk-jog back to start,
1 mile cool down

WED

Easy Run

6 miles easy

THU

Tempo on Hills

2 mile warm up,
4 miles at moderate pace on rolling terrain,
2 mile cool down

FRI

Easy Run

6 miles easy

SAT

Easy Run with Grass Strides

4 miles easy,
8 x 150m strides on the grass w/45 sec rest

SUN

Long Run


11 miles easy

Week Nine

MON

Rest and Recovery

Off Day

 Drills of the Week

TUE

Hill Circuits

4 miles easy, 5 x (300m hill, 200m jog down, 200m hill, 100m jog down, 100m hill, 300m jog down), 1 1/2 mile cool down

WED

Easy Run

6 miles easy

THU

Hill Fartlek

2 mile warm up,
4 miles of (2 min hard/2 min easy on rolling terrain)
2 mile cool down

FRI

Easy Run

6 miles easy

SAT

Easy Run with Grass Strides


4 miles easy,
8 x 150m strides on the grass w/45 sec rest

SUN

Long Run

11 miles easy

Week Ten

MON	Rest and Recovery Off Day	 Drills of the Week
TUE	Long Hill Sprints 6 miles easy, 10 x 150m steep hill sprint w/walk-jog back to start, 1 mile cool down	
WED	Easy Run 6 miles easy	
THU	Tempo on Hills 2 mile warm up, 4 miles at moderate pace on rolling terrain, 2 mile cool down	
FRI	Easy Run 6 miles easy	
SAT	Easy Run with Grass Strides 4 miles easy, 8 x 150m strides on the grass w/45 sec rest	
SUN	Long Run 11 miles easy	