

# High School XC Training Plan

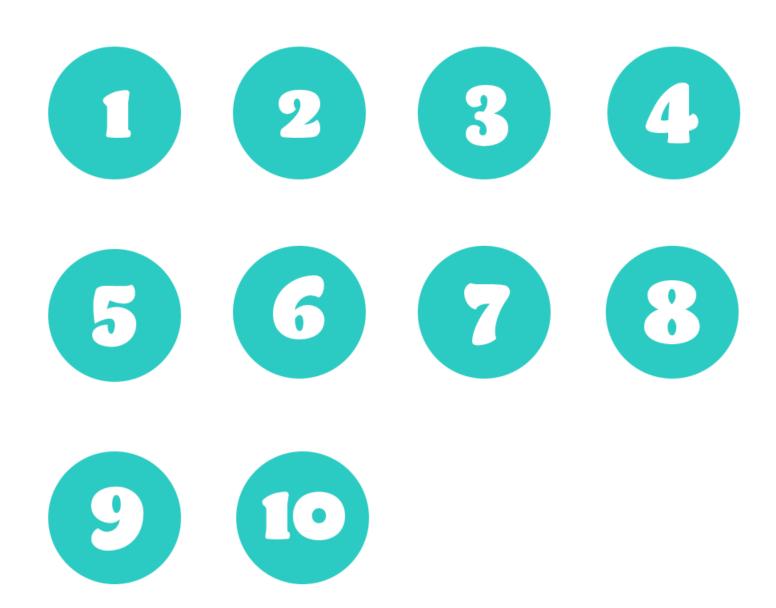
### Summer Goal: 400 miles



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.



### Skipto week



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

HS XC

### Week One

NOM

#### **Easy Run**

5 miles easy



Drills of the Week

#### **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

PE

### Run on Rolling Hills

7 miles on rolling terrain \*strong effort on the uphills

~

### **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

75

### **Long Run**



NOM

### **Rest and Recovery**Off Day

Drills of the Week

### **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

### **Run on Rolling Hills**

7 miles on rolling terrain \*strong effort on the uphills

2

### **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

75

### **Long Run**

### WeekThree

NOM

### **Rest and Recovery**Off Day



Drills of the Week

#### **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

#### **Hill Fartlek**

2 mile warm up, 3 miles of (2 min hard/2 min easy on rolling terrain) 2 mile cool down

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### **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

75

### **Long Run**

### Week Four

NOM

### **Rest and Recovery**Off Day



Drills of the Week

### **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

TEC

### **Tempo on Hills**

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

**1**2

#### **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

75

### **Long Run**

### Week Five

NOM

### Rest and Recovery Off Day



Drills of the Week

#### **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

#### **Hill Fartlek**

2 mile warm up, 3 miles of (2 min hard/2 min easy on rolling terrain) 2 mile cool down

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#### **Easy Run**

5 miles easy

FAS

### **Easy Run with Grass Strides**

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

### **Long Run**



# NOM

### **Rest and Recovery**Off Day



Drills of the Week

### **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

THE

### Tempo on Hills

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

### **Easy Run**

5 miles easy

FAS

### **Easy Run with Grass Strides**

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

Z

### **Long Run**

### Week Seven

NOM

### **Rest and Recovery**Off Day



Drills of the Week

#### **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

#### **Hill Fartlek**

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

**7** 

#### **Easy Run**

6 miles easy

SAT

### **Easy Run with Grass Strides**

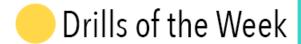
4 miles easy, 8 x 150m strides on the grass w/45 sec rest

### **Long Run**

### Week Eight

# MOM

### **Rest and Recovery**Off Day



### 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

### TES

### **Tempo on Hills**

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



### **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

### ZOS

### **Long Run**

### WeekNine

### **Rest and Recovery**Off Day



Drills of the Week

#### **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

#### **Hill Fartlek**

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

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#### **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

753

#### **Long Run**



## NOM

### **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

### **Tempo on Hills**

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



### **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

### ZES

### **Long Run**