

# YMS Cross Country Off-Season Work

## Notes

- Run with a group, if possible, and make sure you run in safe places
- If something hurts, ice it. If it continues to hurt and it affects your running take a break from running for a few days. If it still continues to hurt go to Atlas.
- The days of the week you run are up to you. Just pick two days each week to take off.
- Find some 5K races you can run on Saturdays or Sundays. Don't run a hard workout the day before a 5K. (Hard workouts are anything other than END or REC)
- In November and December you should be running 10 - 15 miles per week
- In January and February you should be running 15 - 20 miles per week

IESA TRACK STATE QUALIFYING TIMES	7th Girls	7th Boys	8th Girls	8th Boys
800m	2:39.5	2:24	2:38	2:16.5
1600m	5:46	5:16	5:46	5:04
4x400m	4:44	4:22	4:38	4:02

## Calendar Key:

END: Endurance (Comfortably Hard, 1 - 6 miles)

REC: Recovery (Conversation Pace, 2 - 7 miles)

TEMP: Tempo (1-1:25 slower than Race Pace, 2 - 5 miles)

HILL: Hills (1-4 miles)

LT: Lactic Threshold (:20 to 1:00 slower than Race Pace, 1 - 4 miles)

Fartlet: Fartlek (Mix up slow and fast running (not sprints), 2 - 5 miles)

321: 3-2-1 (3 minutes Recovery, 2 minutes Tempo, 1 minute Race Pace, 1 - 4 miles)

Repeat: Repeats (At current race pace or faster, 400-1000m each x2-8)

# November 2014 (Early Preparation)

Goal 1: Endurance

Goal 2: Tempo and Hills

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
	END	REC	END		END	END
10	11	12	13	14	15	16
	TEMP	REC	END		END	END
17	18	19	20	21	22	23
	HILL	REC	END		END	END
24	25	26	27	28	29	30
	TEMP	REC	END		END	END

# December 2014 (Early Preparation)

Goal 1: Endurance

Goal 2: Tempo and Hills

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
	HILL	REC	END		END	END
8	9	10	11	12	13	14
	TEMP	REC	END		END	END
15	16	17	18	19	20	21
	HILL	REC	END		END	END
22	23	24	25	26	27	28
	TEMP	REC	END		END	END
29	30	31				
	Fartlek	REC				

# January 2015 (General Preparation)

Goal 1: Lactic Threshold/Tempo

Goal 2: Repeats

Goal 3: Fartlek

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
			TEMP		END	END
5	6	7	8	9	10	11
	Repeat	REC	Fartlek		LT	REC
12	13	14	15	16	17	18
	Repeat	REC	TEMP		LT	REC
19	20	21	22	23	24	25
	Repeat	REC	Fartlek		TEMP	REC
26	27	28	29	30	31	
	Repeat	REC	TEMP		321	

# February 2015 (Transition to Track)

Goal 1: Repeats

Goal 2: Lactic Threshold/Tempo

Goal 3: 3-2-1

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
						REC
2	3	4	5	6	7	8
	Repeat	REC	LT		Repeat	REC
9	10	11	12	13	14	15
	Repeat	REC	TEMP		321	REC
16	17	18	19	20	21	22
	Repeat	REC	LT		Repeat	REC
23	24	25	26	27	28	
	Repeat	REC	TEMP			