

YMS Cross Country Off-Season Work

IESA TRACK STATE QUALIFYING TIMES	7th Girls	7th Boys	8th Girls	8th Boys
800m	2:35	2:23	2:33	2:15
1600m	5:45	5:15	5:40	5:01
4x400m	4:34	4:11	4:30	3:52

Calendar Key:

END: Endurance (Comfortably Hard, 1 - 4 miles)

REC: Recovery (Conversation Pace, 2 - 5 miles)

SS: Steady State (1-1:25 slower than Race Pace, 1 - 3 miles)

HILL: Hills (1-2 miles)

SI: Slow Interval (Just slower than Race Pace, 400-1000m each x2-6)

LT: Lactic Threshold (:20 to 1:00 slower than Race Pace, 1 - 3 miles)

FARTLEK: Fartlek (Mix up slow and fast running (not sprints), 1 - 3 miles)

321: 3-2-1 (3 minutes Recovery, 2 minutes Steady State, 1 minute Race Pace, 1 - 3 miles)

INT: Interval (At desired race pace or faster, 400-1000m each x2-6)

November 2011 (Early Preparation)

Goal 1: Endurance

Goal 2: Steady State and Hills

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

December 2011 (Early Preparation)

Goal 1: Endurance

Goal 2: Steady State and Hills

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

January 2012 (Early Preparation)

Goal 1: Endurance

Goal 2: Steady State and Hills

Goal 3: Slow Intervals

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

February 2012 (General Preparation)

Goal 1: Lactic Threshold/Steady State

Goal 2: Slow Intervals

Goal 3: Fartlek

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

March 2012 (Transition to Track)

Goal 1: Slow Intervals
Goal 2: Lactic Threshold/Steady State
Goal 3: 3-2-1

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

April 2012 (Specific Track Preparation)

Goal 1: Intervals

Goal 2: Lactic Threshold/Steady State

Goal 3: Endurance

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

May 2012 (Peak Track Competition)

Goal 1: Lactic Threshold

Goal 2: Intervals

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
LT	INT	REC	LT	REC	GIRLS SECTIONAL INT (BOY)	
7	8	9	10	11	12	13
LT	INT	REC	REC (GIRL) LT (BOY)	GIRLS STATE REC (BOY)	GIRLS STATE + BOYS SECTIONAL	
14	15	16	17	18	19	20
LT	INT	REC	REC	BOYS STATE	BOYS STATE	
21	22	23	24	25	26	27
28	29	30	31			

June 2012 (Endurance Camp)

Goal 1: Endurance

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