

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)

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	5:13	5:40	4:59
4x400m	4:34	4:11	4:30	3:52

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)

FARTLEK: 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)

INT: Interval (At desired race pace or faster, 400-1000m each x2-8)

November 2012 (Early Preparation)

Goal 1: Endurance
Goal 2: Tempo and Hills

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

December 2012 (Early Preparation)

Goal 1: Endurance
Goal 2: Tempo and Hills

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

January 2013 (General Preparation)

Goal 1: Lactic Threshold/Tempo

Goal 2: Intervals

Goal 3: Fartlek

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

February 2013 (Transition to Track)

Goal 1: Intervals

Goal 2: Lactic Threshold/Tempo

Goal 3: 3-2-1

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