



TCXC SUMMER 2020

Training Schedule

The Coaches

- Becky St. Amand, Plumbing and Hydronic Heating (stamand@tri-county.us)
- Ben Alden, History (alden@tri-county.us)

Materials

Cross Country (XC) athletes are fortunate to not need any expensive specialty equipment for our sport. All they really need is a good pair of running shoes! We do not endorse any particular brand of shoe but we have had the best luck with Asics, Saucony, Brooks, Nike, and Adidas. We strongly discourage wearing Vibram and other minimalist shoe brands that do not provide the proper support for our athletes.

In the Metrowest Area, we are fortunate to have many incredible shoe stores around us with experts that can find the right fit for each athlete. These stores include, but are not limited to:

- Marathon Sports, Mansfield
- DB Sports, North Attleboro
- Asics Outlet, Wrentham
- Nike Outlet, Wrentham

Our Basic Philosophy

- Workouts and mileage should always be tailored to the athlete's experience, durability, and commitment. This is unique to each athlete, so look at the training schedules and do the best you can.
- Always include stretching before and after each run.
- Core and running drills are important throughout the year. Pay attention to the days that ask you to complete arms and abs exercises.
- Athletes are encouraged to "listen to their body" and let coaches, trainers, or parents/guardians know if more recovery is needed.
- "Sore" is different than "hurt". Try to realize the difference when putting your body through the first few days/weeks of training. We run through "sore"; we do NOT run through "hurt".
- Your body needs the proper fuel to operate. Try your best to make smart food and beverage choices, and when not possible, consume in moderation.
- Drink A LOT of water throughout the day. Only drinking water right after a run isn't enough to keep your body properly hydrated for the whole day. Use Gatorade, Powerade, Vitamin Water, etc. sparingly. While it is important to replace the sugar and electrolytes that were burned off in the run, too much of these drinks negates all the hard work you just did.

Cross Country Cross Training

We run. Plain and simple. We don't throw, catch, shoot, spike, hit, or kick a ball. We don't have a club, stick, or bat to swing. But that doesn't mean we should only be running to get better at running. Cross training is incredibly important with getting our cardiovascular and muscular systems in shape and ready to push hard during a race so each athlete should try to find other physical activities that you love to supplement your training. Riding a bike, yoga, golfing, going for a swim, foam rolling, walking your dog/cat/turtle, or playing catch will help you become a better overall athlete. On "active rest" days, try your best to participate in one of these activities for at least 30 minutes and up to 60 minutes. And as always, if your body needs a day to do absolutely nothing but rest, listen to it.

Pre-Season At a Glance

Just like during the regular season, training smart and training hard are important during the pre-season. The pre-season provides the opportunity to build a strong foundation before team practices and competitions begin. Over the summer, athletes can start a routine of healthy training, rest, and nutrition they continue into the regular season and through the rest of their lives.

And just like with anything one does, what you put into it is what you get out of it. At first, Cross Country can seem a daunting sport; the idea of running for 4, 5, 6 miles (or more) might seem impossible. But it isn't! Just like with other sports, we need to crawl before we can walk and walk before we can run, no pun intended. That is why our pre-season is broken down into THREE phases: **Complete**, **Compete**, and **Contend**. Each phase builds upon the training done throughout the summer to get athletes confident for the regular season. If necessary, follow a plan that is a hybrid of two different groups if you feel that you don't exactly fall under one of the categories. Here is a breakdown for each:

Complete (Weeks 1 - 3) (07/06/20 - 07/26/20): The first phase of our pre-season training focuses on completing runs without having to walk or stop. The ability to stop running at any moment is incredibly easy, especially when an athlete first starts their XC journey. But by building up endurance adding a couple miles to each week's training will become easier.

-Rookies: For those brand new to XC, athletes should try to complete 15-20 miles per week during this phase. Completing a run without stopping is the most important element during this phase.

-Returners: For athletes who have participated in XC before but haven't trained since last fall (or in several months). These athletes know how to run and what their bodies need to complete a run, but they need to remind their legs and lungs how that works. Kind of like riding a bike or tying your shoes. Athletes should complete 20-25 miles per week during this phase.

-All-Stars: For athletes who have participated in XC before and have continued their training through winter/spring Track (or training on their own). These athletes know what it takes to finish a run, workout, or race while absolutely exhausted, in order to get the results they want. All-Star athletes should complete 25-30 miles per week during this Phase.

Compete (Weeks 4 - 6) (07/27/20 - 08/16/20): The second phase of our pre-season training program focuses on continuing to build up endurance and getting our mindset on competing in races. Starting in September, athletes will run against other teams without knowing what training their opponents have been doing. During this phase, we know we are working harder than anyone else.

-Rookies: These athletes have been working on completing runs without stopping and at this point are ready to try longer runs and workouts. Athletes should try to complete 20-25 miles per week during this phase.

-Returners: These athletes have gotten back on the bike and their bodies should be ready to begin slightly more rigorous training. Of course, if athletes are struggling to get back into shape, please follow a hybrid of Rookie and Returner distances. A Returner athlete should try to complete 25-30 miles per week during this phase.

-All-Stars: Athletes should be humming along and getting ready for tougher workouts and slightly longer long runs. All-Stars should be noticing that their body craves more hard work and wants to finish faster each time. These athletes should try to complete 30-35 miles per week during this phase.

Contend (Weeks 7 - 9) (08/17/20 - 09/06/20): Training in the final phase of our pre-season program focuses on developing from a runner to a racer. We are a month away from our first races of the season and need to be ready for strong performances. Endurance should be at adequate levels as we turn our attention to speed. The last week of this phase also includes team practices with coaches, following the guidelines established by the MIAA.

-Rookies: These athletes should be incredibly proud of themselves for starting their XC journey. This is no easy feat and we are sure their feet may be ready to fall off. At this point, though, these athletes are ready to be active members of the team and should be able to compete roughly 25-30 miles per week.

-Returners: Returners know what it is like on that first day of official practices in late August and what it feels like when they took an entire summer off from running. It's hot, there is some huffing-and-puffing, and they feel discouraged that they may not reach their achievements of the previous season again. If they have been training, though, their eyes should be on the All-Stars and trying to beat one of them in a workout or run. Athletes should be able to complete roughly 30-35 miles per week.

-All-Stars: It is your time to shine, All-Star! You have been putting in the hard work and races are so close. Your tongue is parched after a run and at the same time watering

knowing that a Top Five finish (or dare we say First Place finish?) is within your grasp. You know that completing 35-40 miles per week right now is going to make the difference at the finish line when you are trying to outkick someone for those coveted meet points.

Pre-Season Points Program

To get athletes engaged in their pre-season training, we have developed a new points program this summer, courtesy of TCXC alum Rebecca Grome ('20)! Everyone loves a rewards program and this one is simple. All athletes have to do is log on and check off any of the five challenges presented to them on any given day. These challenges can range from “completing a Tempo Run” for 5 points, “drinking 64 oz. of water throughout the day” for 3 points, or simply “getting 7+ hours of sleep” for 3 points.

If an athlete wants to participate in this program, they can go to the TC Track & Field and Cross Country website (<https://sites.google.com/view/tcxc-tctf/cross-country/2020?authuser=0>) and click on the “Training Points” tab. Athletes can join either the Blue or Gold team. This program is based on the “honor system” so please have integrity.

The team that has the most points at the end of the summer will win a special prize during our first week of practice in September!

What Does *THIS* Mean?

As with all sports, Cross Country uses terminology that may be unfamiliar to newcomers. This section of the TCXC Summer 2020 Training Schedule will help to define those terms and provide further resources to better understand XC.

- **Arms & Abs:** If an athlete sees “Arms & Abs” on your schedule, it means they should build up their core strength that day. A stronger core equals stronger running performances! An athlete should pick five (5) ab exercises and do 20-30 reps for each. This will only take about 5 minutes of their time and it will shave minutes off of their times this season. Use the links below to get a list of exercises athletes can choose from and try to choose different exercises each time they see “Arms & Abs” on their schedule: <https://darebee.com/ab-exercises.html>; <https://www.womenshealthmag.com/fitness/a19996405/best-ab-exercises/>
- **Easy Run:** An “easy” run is one that involves roughly 33% of an athlete’s energy. Think “jog”. Athletes should work on proper form (head up, back straight, arms swinging) while on an easy run.
- **Tempo Run:** These runs combine an easy run with higher speed intervals for certain periods of time or distances. Athletes should start out by jogging then, based on the schedule, do the “pick up” or “up tempo” segment of their run (75% effort). Athletes should focus on building their speed and endurance together during “pick-ups”.

- **Warm Up / Cool Down:** Before an athlete starts or finishes their running schedule for the day, it is important that they ease their body into it. Starting or stopping “cold turkey” is harmful to an athlete, so jogging for 1 mile (or roughly 7-10 min) should be completed. This ALSO includes stretching upper and lower body muscles. A guide for that can be found here: <https://www.self.com/gallery/essential-stretches-slideshow>
- **Slow Long Run:** Whether you’re new to running or are a seasoned professional, it can be difficult building up the stamina required for a long-distance run. But slow running is subjective, because each person will have their own pace. A good way to determine whether you’re running “slow”, is to see if you can have a conversation with your running partner. If you can, then that’s your slow running speed.
- **Body Weight Exercises:** A large benefit to being an XC runner, similar to other athletes, is having a strong upper and lower body. But we don’t need to be Captain America, Hulk, Thor - strong; we can be toned instead! Body weight exercises are a huge help and don’t involve heavy dumbbells, bars, or a gym membership. Like “Arms & Abs”, choose 5 exercises to complete and do 3 sets of 5-10 reps each. Use the links found within each day’s exercises to learn how to complete the movement.

You may be wondering, what does “3x15” or “2x15L alt w/ 2x15R” mean? And that is a really good question. If you see something like “3x15”, it means to do 3 SETS of 15 REPETITIONS (otherwise known as REPS). So do 15 reps of an exercise and take a 60-90 second break; that’s one set! Then repeat 2 more times for 3 total sets. Some body weight exercises have you work an entire section of your body at once, while others ask you to focus on one side of your body at a time. If you see an exercise that says “alt/ w”, that means to alternate reps between sides. So do the amount of reps needed on the left side then right side before taking your break. If you see a “+”, it means to do all sets of reps on one side before doing the other side. So do all your left side reps with appropriate breaks then do all your right side reps with appropriate breaks.

- **Fartlek:** A run that alternates between moderate to hard efforts (50-75%) with easy efforts (33%). After a warm-up, athletes play with speed by running at faster efforts for short periods of time followed by easy-effort running to recover. Then, cool down.



PHASE 1: Complete

WEEK OF 07/06/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 2-mile run -Arms & Abs	-Easy 3-mile run -Arms & Abs	-Easy 4-mile run -Arms & Abs
T	3-mile Tempo Run (1 mile easy jog, 1 mile pick-up, 1 mile cooldown jog)	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 2 mile cooldown jog)	5-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -3x15 Frog Pump -3x15 Elevated Heels Hamstring Raise -3x15L alt/w 3x15R Side Lying Leg Raise
W	-3-mile Easy Run -2x15 Frog Pump -2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	4-mile Easy Run -2x15 Frog Pump -2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	5-mile Easy Run
T	Rest	Rest	Workout: Mile Repeats -1 mile warm up / down -Run 1 mile as fast as possible (take 5 min break in between; repeat 3 times)
F	-3-mile Tempo Run -Arms & Abs	-4-mile Tempo Run -Arms & Abs	-5-mile Tempo Run -Arms & Abs
S	Slow Long Run for 4 miles -2x15 Frog Pump	Slow Long Run for 5 miles -2x15 Frog Pump	Slow Long Run for 6 miles -3x15 Frog Pump -3x15 Elevated Heels Hamstring Raise

	-2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	-2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	-3x15L alt/w 3x15R Side Lying Leg Raise
S	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 1: Complete

WEEK OF 07/13/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 2-mile run -Arms & Abs	-Easy 3-mile run -Arms & Abs	-Easy 4-mile run -Arms & Abs
T	3-mile Tempo Run (1 mile easy jog, 1 mile pick-up, 1 mile cooldown jog) -2x15 Frog Pump -2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 2 mile cooldown jog) -2x15 Frog Pump -2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	5-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -3x15 Frog Pump -3x15 Elevated Heels Hamstring Raise -3x15L alt/w 3x15R Side Lying Leg Raise
W	-3-mile Easy Run	-3-mile Easy Run	-5-mile Easy Run
T	Rest	Workout: Mile Repeats -1 mile warm up / down -Run 1 mile as fast as possible (take 5 min break in between; repeat 2 times)	Workout: Mile Repeats -1 mile warm up / down -Run 1 mile as fast as possible (take 5 min break in between; repeat 3 times)
F	-3-mile Tempo Run -Arms & Abs	-4-mile Tempo Run -Arms & Abs	-5-mile Tempo Run -Arms & Abs
S	Slow Long Run for 4 miles -2x15 Frog Pump	Slow Long Run for 5 miles -2x15 Frog Pump -2x15 Elevated Heels Hamstring Raise	Slow Long Run for 6 miles -3x15 Frog Pump -3x15 Elevated Heels Hamstring Raise

-2x15 Elevated Heels Hamstring Raise -2x15L alt/w 2x15R Side Lying Leg Raise	-2x15L alt/w 2x15R Side Lying Leg Raise	-3x8L alt/w 3x8R Side Knee Plank Leg Raise
S Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 1: Complete

WEEK OF 07/20/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 3-mile run -Arms & Abs	-Easy 3-mile run -Arms & Abs	-Easy 4-mile run -Arms & Abs
T	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -3x15 Frog Pump -3x15 Elevated Heels Hamstring Raise -3x15L alt/w 3x15R Side Lying Leg Raise	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -3x15 Frog Pump OR 3x8 DB Hip Thrust -3x15 Elevated Heels Hamstring Raise OR 3x8 Physioball Hamstring Curl -2x8L alt/w 2x8R Side Knee Plank Leg Raise	5-mile Tempo Run (1 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -3x15 Frog Pump OR 3x15 DB Hip Thrust -3x15 Elevated Heels Hamstring Raise OR 3x15 Physioball Hamstring Curl -3x8L alt/w 3x8R Side Knee Plank Leg Raise
W	-4-mile Easy Run	-4-mile Easy Run	Rest
T	Rest	Easy 4-mile run	Workout: Hills -1 mile warm up / down -Find a local hill and run up it 5-7 times per set (with 5-min break; try for 3 sets)
F	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -Arms & Abs	5-mile Tempo Run (1 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -Arms & Abs	-Easy 4-mile run
S	Slow Long Run for 5 miles -3x15 Frog Pump	Slow Long Run for 5 miles -3x15 Frog Pump OR 3x8 DB Hip Thrust	Slow Long Run for 6 miles -3x15 Frog Pump OR 3x15 DB Hip Thrust

	-3x15 Elevated Heels Hamstring Raise -3x15L alt/w 3x15R Side Lying Leg Raise OR 2x8L alt/w 2x8R Side Knee Plank Leg Raise	-3x15 Elevated Heels Hamstring Raise OR 3x8 Physioball Hamstring Curl -3x8L alt/w 3x8R Side Knee Plank Leg Raise	-3x15 Elevated Heels Hamstring Raise OR 3x15 Physioball Hamstring Curl -3x8L alt/w 3x8R Side Knee Plank Leg Raise
S	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 2: Compete

WEEK OF 07/27/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 4-mile run -Arms & Abs -2x8L alt/w 2x8R Single Leg RDL (with or w/o weight) -2x8L alt/w 2x8R Single Leg Plate Slide -2x8L alt/w 2x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	-Easy 4-mile run -Arms & Abs -2x8L alt/w 2x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -2x8L alt/w 2x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	-Easy 5-mile run -Arms & Abs -3x8L alt/w 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L alt/w 3x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction
T	5-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 2 mile cooldown jog)	6-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 2 mile cooldown jog)	6-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 2 mile cooldown jog)
W	-5-mile Easy Run	Workout: Hills -1 mile warm up / down -Find a local hill and run up it 5-7 times per set (with 5-min break; try for 3 sets)	Workout: Hills -1 mile warm up / down -Find a local hill and run up it 5-7 times per set (with 5-min break; try for 4 sets)
T	Rest	-Easy 4-mile run -Arms & Abs	-Easy 5-mile run -Arms & Abs
F	-4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -Arms & Abs	-Easy 4-mile run	-Easy 5-mile run

S Slow Long Run for 6 miles -2x8L alt/w 2x8R Single Leg RDL (with or w/o weight) -2x8L alt/w 2x8R Single Leg Plate Slide -2x8L alt/w 2x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	Slow Long Run for 6 miles -2x8L alt/w 2x8R Single Leg RDL with 1 DB, 2 DB, or duffle/sandbag -2x8L alt/w 2x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	Slow Long Run for 7 miles -3x8L alt/w 3x8R Single Leg RDL with 1 DB, 2 DB, or duffle/sandbag -3x8L alt/w 3x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction
S Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 2: Compete

WEEK OF 08/03/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 4-mile run -Arms & Abs	-Easy 5-mile run -Arms & Abs	-Easy 4-mile run -Arms & Abs
T	5-mile Tempo Run (2 mile easy jog, 1 mile pick-up, 2 mile cooldown jog) -2x8L alt/w 2x8R Single Leg RDL (with or w/o weight) -2x8L alt/w 2x8R Single Leg Plate Slide -2x8L alt/w 2x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	Workout: 800s -1 mile warm up / down -Run an 800m as fast as possible (repeat 4 times with 5 min rest in between)	6-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 2 mile cooldown jog)
W	-6-mile Easy Run	-Easy 4-mile run	-6-mile Easy Run
T	Workout: 800s -1 mile warm up / down -Run an 800m as fast as possible (repeat 2 times with 5 min rest in between)	5-mile Tempo Run (1 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -2x8L alt/w 2x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L alt/w 3x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	Slow Long Run for 8 miles -3x8L + 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L + 3x8R Single Leg Plate Slide -3x8L + 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction

F	Rest	-Easy 6-mile run -Arms & Abs	5-mile Tempo Run (1 mile easy jog, 3 mile pick-up, 1 mile cooldown jog)
S	Slow Long Run for 6 miles -2x8L alt/w 2x8R Single Leg RDL (with or w/o weight) -2x8L alt/w 2x8R Single Leg Plate Slide -2x8L alt/w 2x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	Slow Long Run for 7 miles -2x8L alt/w 2x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L alt/w 3x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	-Easy 5-mile run -Arms & Abs -3x8L + 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L + 3x8R Single Leg Plate Slide OR Ball Curl -3x8L + 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction
S	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 2: Compete

WEEK OF 08/10/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 4-mile run -Arms & Abs -2x8L alt/w 2x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L alt/w 3x8R Single Leg Plate Slide -3x8L alt/w 3x8R Side Knee Plank Leg Raise OR 2x30 3-Direction Seated Band Abduction	-Easy 5-mile run -Arms & Abs -3x8L + 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L + 3x8R Single Leg Plate Slide OR Ball Curl -3x8L + 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction	6-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 2 mile cooldown jog) -3x8L + 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L + 3x8R Single Leg Plate Slide OR Ball Curl -3x8L + 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction
T	6-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 2 mile cooldown jog)	Rest	-Easy 5-mile run
W	Fartlek: 1,1,2,2,3,3,4,4,5,5 -1 mile warm up / down -Run easy then hard for x min each (Example: 1 min easy, 1 min hard, ...)	Workout: 800s -1 mile warm up / down -Run an 800m as fast as possible (repeat 4 times with 5 min rest in between)	Workout: 800s -1 mile warm up / down -Run an 800m as fast as possible (repeat 4 times with 5 min rest in between)
T	Easy 4-mile run	-Easy 5-mile run -Arms & Abs	-Easy 5-mile run -Arms & Abs
F	-Slow Long Run for 6 miles	5-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -3x8L + 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag	-Slow Long Run for 8 miles -3x8L + 3x8R Single Leg RDL with 1 DB , 2 DB , or duffle/sandbag -3x8L + 3x8R Single Leg Plate Slide OR Ball Curl

	-3x8L + 3x8R Single Leg Plate Slide OR Ball Curl -3x8L + 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction	-3x8L + 3x8R Side Knee Plank Leg Raise OR 3x30 3-Direction Seated Band Abduction
 Rest	Slow Long Run for 7 miles	-Easy 4-mile run -Arms & Abs
 Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 3: Contend

WEEK OF 08/17/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 2-mile run -Arms & Abs	-Easy 3-mile run -Arms & Abs	-Easy 5-mile run -Arms & Abs
T	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x15L + 3x15R Fire Hydrant OR 3x8L alt/w 3x8R Banded Fire Hydrant	5-mile Tempo Run (2 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x8L alt/w 3x8R Elevated Clamshell	6-mile Tempo Run (2 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x8L alt/w 3x8R Star Clamshell
W	Easy 6-mile run	-Easy 6-mile run	-Easy 6-mile run
T	-Easy 4-mile run	Workout: Hills -1 mile warm up / down -Find a local hill and run up it 6-8 times per set (with 5-min break; try for 3 sets)	Workout: Hills -1 mile warm up / down -Find a local hill and run up it 6-8 times per set (with 5-min break; try for 3 sets)
F	-5-mile Tempo Run (1 mile easy jog, 3 mile pick-up, 1 mile cooldown jog)	-Easy 5-mile run -Arms & Abs	-Easy 5-mile run -Arms & Abs
S	Slow Long Run for 7 miles	Slow Long Run for 7 miles	Slow Long Run for 8 miles

-2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x15L + 3x15R Fire Hydrant OR 3x8L alt/w 3x8R Banded Fire Hydrant	-2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x8L alt/w 3x8R Elevated Clamshell	-2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x8L alt/w 3x8R Star Clamshell
S Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 3: Contend

WEEK OF 08/24/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 3-mile run -Arms & Abs	-Easy 4-mile run -Arms & Abs	-Easy 5-mile run -Arms & Abs
T	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x15L + 3x15R Fire Hydrant OR 3x8L alt/w 3x8R Banded Fire Hydrant	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl -3x8L alt/w 3x8R Elevated Clamshell	6-mile Tempo Run (2 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -1x15 + 2x8L alt/w 2x8R Elevated Feet & Shoulders Hip Thrust -1x15 + 2x8L alt/w 2x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L alt/w 3x8R Star Clamshell
W	-5-mile Easy Run	-5-mile Easy Run	-6-mile Easy Run
T	Workout: Hills -1 mile warm up / down -Find a local hill and run up it 6-8 times per set (with 5-min break; try for 3 sets)	Fartlek: 1,1,2,2,3,3,4,4,5,5 -1 mile warm up / down -Run easy then hard for x min each (Example: 1 min easy, 1 min hard, ...)	Fartlek: 1,1,2,2,3,3,4,4,5,5 -1 mile warm up / down -Run easy then hard for x min each (Example: 1 min easy, 1 min hard, ...)
F	-4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -Arms & Abs	-4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -Arms & Abs	-6-mile Easy Run -Arms & Abs

S Slow Long Run for 6 miles -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x15L + 3x15R Fire Hydrant OR 3x8L alt/w 3x8R Banded Fire Hydrant	Slow Long Run for 7 miles -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L + 3x8R Elevated Clamshell OR 3x8L alt/w 3x8R Star Clamshell	Slow Long Run for 8 miles -1x15 + 2x8L alt/w 2x8R Elevated Feet & Shoulders Hip Thrust -1x15 + 2x8L alt/w 2x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L alt/w 3x8R Star Clamshell
S Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)



Phase 3: Contend

WEEK OF 08/31/20

	<u>ROOKIES</u>	<u>RETURNERS</u>	<u>ALL-STARS</u>
M	-Easy 3-mile run - Arms & Abs	-Easy 4-mile run - Arms & Abs	-Easy 5-mile run - Arms & Abs
T	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1mile cooldown jog) -2x15 + 1x8L alt/w 1x8R Elevated Feet & Shoulders Hip Thrust OR 3x15 Frog Pump -2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x15L + 3x15R Fire Hydrant OR 3x8L alt/w 3x8R Banded Fire Hydrant	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1mile cooldown jog) -1x15 + 2x8L alt/w 2x8R Elevated Feet & Shoulders Hip Thrust OR 3x15 Frog Pump -2x15 + 1x8L alt/w 1x8R Banded Grome Curl OR 2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L + 3x8R Elevated Clamshell OR 3x8L alt/w 3x8R Star Clamshell	4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1mile cooldown jog) -3x8L alt/w 3x8R Elevated Feet & Shoulders Hip Thrust OR 3x15 Frog Pump -3x8L alt/w 3x8R Banded Grome Curl OR 3x8L alt/w 3x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L + 3x8R Star Clamshell
W	Fartlek: 1,1,2,2,3,3,2,2,1,1 -1 mile warm up / down -Run easy then hard for x min each (Example: 1 min easy, 1 min hard, ...)	Fartlek: 1,1,2,2,3,3,2,2,1,1 -1 mile warm up / down -Run easy then hard for x min each (Example: 1 min easy, 1 min hard, ...)	Fartlek: 1,1,2,2,4,4,2,2 -1 mile warm up / down -Run easy then hard for x min each (Example: 1 min easy, 1 min hard, ...)
T	Easy 3-mile run	Easy 5-mile run	Easy 6-mile run
F	Slow Long Run for 7 miles -1x15 + 2x8L alt/w 2x8R Elevated Feet & Shoulders Hip Thrust OR 3x15 Frog Pump	Slow Long Run for 8 miles -3x8L alt/w 3x8R Elevated Feet & Shoulders Hip Thrust OR 3x15 Frog Pump	Slow Long Run for 9 miles -3x8L + 3x8R Elevated Feet & Shoulders Hip Thrust OR 3x15 Frog Pump

	-2x15 + 1x8L alt/w 1x8R Banded Grome Curl OR 2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x15L + 3x15R Fire Hydrant OR 3x8L + 3x8R Banded Fire Hydrant	-2x15 + 1x8L alt/w 1x8R Banded Grome Curl OR 2x15 + 1x8L alt/w 1x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L + 3x8R Elevated Clamshell OR 3x8L alt/w 3x8R Star Clamshell	-3x8L + 3x8R Banded Grome Curl OR 3x8L + 3x8R Hamstring Slide or Curl OR 3x15 DB Good Morning -3x8L + 3x8R Star Clamshell
	-4-mile Tempo Run (1 mile easy jog, 2 mile pick-up, 1 mile cooldown jog) -Arms & Abs	-5-mile Tempo Run (1 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -Arms & Abs	-6-mile Tempo Run (2 mile easy jog, 3 mile pick-up, 1 mile cooldown jog) -Arms & Abs
	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)	Active Rest Day (Go for a walk, swim, bike ride)