

Preseason: These are optional practices and will be led by seniors/captains. Coach Todd will be there Mon/Wed/Thurs to get y'all started at 3:30pm. Mon/Wed will be speed and/or core days. The goal is to build a base so that you are ready to train hard when the season begins.

At the end of each run/workout/core, please stretch as a team - have a senior lead!

Note: This year, we have groups. For pre-season, choose which group best fits your ability. Be honest with yourself. This is only for your benefit, not the benefit of anyone else.

Group 1: New runners

Group 2: Freshmen and unseasoned xc runners

Group 3: Seasoned runners

Group 4: Collin and Cody (high mileage - if you think you need to be in this group, ask)

Goal: have a down week before season starts and enjoy a long weekend.

Week of Feb 16		Core
Monday	No School! Do this (as best you can) on your own: 8 min WU 200's on the top of every minute for 15 min (so rest time will be dependent on when you finish in relation to the minute) 8 min CD	Core: 15 squats 15 reverse lunges (ea leg) 12 single leg glute bridges 10 hamstring walkouts 10 up down planks (ea arm) Plank rotation (30 sec ea)
Tuesday	45 min	
Wednesday	8 min WU 3-4 broken k's: 700 @ threshold pace, 100 Jog, 200 @ 90% (2min jogging in between) Group 4: do 5 of these 8 min CD Group 4: 2 mi CD	Core on your own (5 exercises)
Thursday	3 mile Thursday! Broadlands	Group 4: go back out to make this 5
Friday	Run on your own	Group 4: 6 mi
Saturday	Long run: 60 min	
Sunday	Off for everyone	
Total Mileage	Group 1: 20 Group 2: 25 Group 3: 30	

	Group 4: 35	
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Goal: Big week culmination of preseason, everyone runs 6 days

Week of Feb 9	Workout	Core
Monday	8 min WU 3-4 x 600 w/400 jog recovery (<i>Group 4 do 5 of these</i>) 2-4 x 200 w/100 walk/jog recovery 8 min CD (may do on infield) <i>Group 4: do a 2 mi CD</i>	• 15 bird dog (each side) • 15 dead bug (each side) • 15 crunches • 10 single leg glute bridges (each leg) • Plank rotation (30 sec each) • WOPU spelling LoveToRun
Tuesday	All: 35 min run on your own	
Wednesday	<i>Group 4: double! Run 3 in the am</i> 8 min WU 10 min tempo (then turn around) 5 min recovery 5 min tempo 8 min CD Strides x 4 Route: 136 to Sheridan L	Senior led core (rotate who leads us...pick a different senior each week): pick 5 core exercises to do!
Thursday	3 mi Thursday! (go back out for each other) Route: Broadlands (lake is still under construction)	<i>Group 3: add on to make this 5</i> <i>Group 4: add on to make this 6</i>
Friday	All: 35 min run on your own	
Saturday	Long run: Group 1: 6 mi Group 2: 7 mi Group 3: 8 mi Group 4: 10 mi	
Sunday	Off for everyone	
Total Mileage	<i>Group 1: 25</i> <i>Group 2: 30</i> <i>Group 3: 35</i> <i>Group 4: 40</i>	

Goal: Everyone run 5 days a week now and focus on setting goals

Week of Feb 2	Workout	Core
Monday	8 min WU 2 x 8 min Tempo (5 min jog recovery in between) 8 min CD <i>Note: tempo should be 30 sec slower than 5k pace</i> Strides x 4 on infield Route: Bridges (turn around at 2:30 in your recovery in between sets)	• Plank rotation (30 sec each) • 20 Russian twists each side • 20 leg lifts • 15 donkey kicks • 15 fire hydrants • WOPU spelling Go Boltz!
Tuesday	30 min on your own	
Wednesday	8 min WU • 2 x 200 @800 with 200 jog in between • 400 @1600 with 400 after • 800 @ 3200 with 400 jog after • 400 @ 1600 with 400 after ◦ Group 4 do 2 of these • 2 x 200 s@ 800 with 200 jog in between 8 min CD	Senior led core (rotate who leads us...pick a different senior each week): pick 5 core exercises to do!
Thursday	3 mi Thursday! (go back out for each other) Route: Broadlands	<i>Group 4: make sure this is 5 mi</i>
Friday	On your own	Groups 1 and 2: off Groups 3 and 4: 4 mi
Saturday	60 min	
Sunday	Off for everyone	
Total Mileage	Group 1: 20 Group 2: 25 Group 3: 30 Group 4: 35	

Goal: Start focusing a bit more on speed; increase endurance

Group 2 now runs 5 days a week

Week of Jan 26	Workout	Core
Monday	4 mi Progression Faster every mile (start at cruise pace, and get faster by 15-20 sec/mi pace) 5 min CD- <i>some of your CD's will be longer as we will go back out until everyone gets at least a 5 min CD in.</i> Strides x 4 Route: full 5 o'clock shadow	Senior led core (rotate who leads us...pick a different senior each week): pick 5 core exercises to do! <i>Note: try and do standing core since it is so sloppy out - think: squats, calf raises, wall sits, lunges, etc.</i>
Tuesday	Run on your own	Group 1: off Groups 2-3: 5 mi Group 4: 6 mi
Wednesday	8 min WU • 2 x 200 @ 1600 w/200 jog in between • 4-6 x 400 @ 1600 w/400 jog in between 8 min CD Route: WU and CD on track 1 mile (4 min out and back); then track for workout	Core • 15 Lemon squeezers • 20 Russian twists (each side) • 15 Bicycle Kicks (each side) • Plank rotation 30 sec each • 15 Fire Hydrants (each side) • 15 Donkey Kicks (each side) • 60 sec Flutter kicks (on back, moving feet only 6 inches apart)
Thursday	3 mi Thursday! (go back out for each other) Route: Broadlands	<i>Group 4: make sure this is 5 mi</i>
Friday	On your own	Groups 1 and 2: off Groups 3 and 4: 4 mi
Saturday	Long run: 55 min	<i>Group 4: add on to make 8 mi</i>
Sunday	Off for everyone	
Total Mileage	Group 1: 20 Group 2: 25 Group 3: 30 Group 4: 35	

Goal: Get into a routine and intro to speed

Week of Jan 19	Workout	Core
Monday	No School - MLK Day Get a 30 min run in	Group 4: Add on to hit 5 mi
Tuesday	Off	Groups 3 and 4: Get a 4 mi run in
Wednesday	8 min WU on track 1 mile (4 out and back) Fartlek: 4,3,2,1 with half recovery Route: gazebo 800 8 min CD on track 1 mile	• Plank rotation (30 sec each) • 20 Russian twists each side • 20 leg lifts • 15 donkey kicks • 15 fire hydrants • WOPU spelling PreSeason!
Thursday	3 mi Thursday! (go back out for each other) Route: Broadlands	<i>Group 4: make sure this is 5 mi</i>
Friday	Off	Group 4: 5 mi run
Saturday	Long run: 50 min	
Sunday	Off for everyone	
Total Mileage	Group 1: 15 Group 2: 20 Group 3: 25 Group 4: 30	

Goal: Groups 1 and 2 - run 4 days a week and start building strength

Group 3 - run 5 days a week and start building strength

Group 4 - run 6 days a week and start building strength

Week of Jan 12	Workout	Core
Monday	30 min run Route: Bridges (15 out and back)	Core • 15 Lemon squeezers • 20 Russian twists (each side) • 15 Bicycle Kicks (each side) • Plank rotation 30 sec each • 15 Fire Hydrants (each side) • 15 Donkey Kicks (each side) • 60 sec Flutter kicks (on back, moving feet only 6 inches apart)
Tuesday	Off	Group 4: get a 3 mi run in
Wednesday	4-5 mi run	Senior led core (rotate who leads us...pick a

	4 strides Route: Westlake loop	different senior each week): pick 5 core exercises to do!
Thursday	3 mi Thursday! (go back out for each other) Route: Broadlands	<i>Group 4: Keep going to make sure this is 5 mi</i>
Friday	Off	Groups 3 and 4: get a 5 mi run in
Saturday	Long run for all: 50 min	
Sunday	Off	
Total Mileage	<i>Group 1: 15</i> <i>Group 2: 20</i> <i>Group 3: 25</i> <i>Group 4: 30</i>	