

ECS Varsity Cross Country workout schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 14	Rest Day	30 min	5K timed	Rest Day	4 miles	Hills	4 miles ER* 3 x strides**
Aug 21	Rest Day	30 Min w/ surges	1m/8 x 400 w/ 1.5 min RI (1:1)/1m***	Rest Day	4.5 miles	Hills	4.5 miles ER* 4 x strides
Aug 28	Rest Day	5K timed Expl/agility****	1m/10 x 400 w/ 1 min RI/1m	Rest Day	4 miles Expl/agil	Hills	5 miles ER* 4 x strides
Sep 4	Rest Day	30 Min w/surges Expl/agility	1m/10 x 400 w/ 1 min RI/1m	2 Miles ER*	RACE	1m/2x 400-200- 100 w/1min RI/1m	4 miles ER* 4 x strides
Sep 11	Rest Day	5K timed Expl/agility	1m/4 x 800 w/ 1 min RI/1m	Rest Day	4.5 miles Expl/agil	Hills	Virginia's Run 5K VOLUNTARY
Sep 18	Rest Day	4.5 miles Expl/agility	1m/6 x 800 w/ 1 min RI/1m	2 Miles ER*	RACE	1m/3x 400-200- 100 w/1min RI/1m	5.5 miles ER* 4 x strides
Sep 25	Rest Day	30 Min w/surges Expl/agility	1m run/1m slow/1m run/1 m slow	2 Miles ER*	RACE	Hills	6 miles ER* 4 x strides
Oct 2	Rest Day	4.5 miles Expl/agility	1m/3 x 1600 w/ 1 min RI/1m	2 Miles ER*	RACE	1m/4x 400-200- 100 w/1min RI/1m	4 miles ER* 4 x strides
Oct 9	Rest Day	4 miles ER Expl/agility	RACE	Rest Day	5 miles Expl/agility	Team Event	6 miles ER* 4 x strides
Oct 16	Rest Day	1m/3 x 1600 w/ 1 min RI/1m JV State	5K ER Expl/agil	Rest Day	Varsity State		

*Saturday and Wednesday runs are on your own and voluntary. ER (easy run) is a conversational pace. If you can't talk, you are running too fast.

**Strides: 80 to 100 meters. Start slow and build up to 90%, perfect form, hold for 20 meters. Full recovery. Do after you run.

***Intervals are warm up / number x distance w/ timed Rest In-between (RI) / cool down

****Expl/agility are 60 meter sprints, high knee skips, bounds, and carioca that will develop agility and explosion

Core/strength workout will be done at practice and on your own (yes, even on Rest Day)

Ps. Get in the habit of doing right when you wake up (after time with God). You will thank us when you have tight abs and toned upper body by the time XC is over. This will help you avoid injury in any sport, including XC.

- Planks
 - 90 seconds front plank (on elbows, keep back straight, no bending either way)
 - 45 seconds side planks (on one elbow, keep hip straight in line, no banana)
- Bicycle (back flat, feet never touch floor, touch opposite knee with elbow)

- 2 x 25
- Six inches (flat on back, hold heels 6" off ground, head and shoulders off ground)
 - 1 minute
- Crunches (back flat, feet flat on floor, hands beside head, chin up)
 - 2 x 25 (hold in up position for two seconds)
- Push ups (back straight)
 - 2 x 30 seconds
- Dips (hold onto chair or bed, facing away with leg out. Lower your butt to the floor and then straighten arms)
 - 2 x max number