

Seaforth XC Training Plan

Week of: **May 24**

	5/24 MONDAY	5/25 TUESDAY	5/26 WEDNESDAY	5/27 THURSDAY	5/28 FRIDAY	5/29 SATURDAY	5/30 SUNDAY
Warmup	Lunge Matrix (click for video demonstration) Leg swings (click for video demonstration)	Lunge Matrix (click for video demonstration) Leg swings (click for video demonstration)	REST	Lunge Matrix (click for video demonstration) Leg swings (click for video demonstration)	Lunge Matrix (click for video demonstration) Leg swings (click for video demonstration)	Lunge Matrix (click for video demonstration) Leg swings (click for video demonstration)	REST
Workout	Pick: (a) 40 minutes EASY; OR (b) 30 minutes EASY; OR, (c) 20 minutes EASY; OR (d) 4 minutes EASY, 1 minute walk, for a total of 25 minutes	Pick: (a) 30 minutes EASY; or, (b) 20 minutes EASY; or (c) 4 minutes EASY, 1 minute walk, for 25 minutes	REST	Pick: (a) 40 minutes EASY; OR (b) 30 minutes EASY; OR, (c) 20 minutes EASY; OR (d) 4 minutes EASY, 1 minute walk, for a total of 25 minutes	Pick: (a) 30 minutes EASY; or, (b) 20 minutes EASY; or (c) 4 minutes EASY, 1 minute walk, for 25 minutes	Pick: (a) 30 minutes with 15-minute fartlek; (b) 30 minutes with 9-minute fartlek. See notes for explanation.	REST
Cash out	Core X routine, 30 seconds per exercise. (Click for demonstration and exercises)	4 x 100m strides @ 800m race pace (not sprinting, but faster than the run you just completed)	REST	Core X routine, 30 seconds per exercise. (Click for demonstration and exercises)	4 x 100m strides @ 800m race pace (not sprinting, but faster than the run you just completed)	Core X routine, 30 seconds per exercise. (Click for demonstration and exercises)	REST
Cool down/stretch /recover	As needed. Do NOT stretch to the point of pain. Be easy on yourself.	As needed. Do NOT stretch to the point of pain. Be easy on yourself	REST	As needed. Do NOT stretch to the point of pain. Be easy on yourself.	As needed. Do NOT stretch to the point of pain. Be easy on yourself.	As needed. Do NOT stretch to the point of pain. Be easy on yourself.	REST
Notes	Training pace is EASY (E). This means you're going faster than a jog, but slow enough that you could carry on a full conversation with someone else while running. Choose whichever workout you think you can do. Don't be overly ambitious, and don't sell yourself short. In the walk/run workout, alternate 4 minutes of E running with 1 minute of walking. Try not to jog, and try to get through the whole four minutes of running before you walk.	This workout introduces strides . Strides are fairly fast, but not a sprint. We say 800m race pace , which you will know soon enough, but for now just think smooth, relaxed, and fast . You should focus on running fluidly, with mostly upright posture, arms swinging easily, and without straining. Strides -- which we will do often after runs -- help develop an economical, relaxed, powerful running stride by developing and reinforcing useful neuromuscular pathways.	REST			Fartlek means "speed play" in Swedish, and was invented nearly 100 years ago to develop a variety of running strengths and endurances during the duration of one run. This week, our fartlek segments will be 1 minute of faster running, followed by 2 minutes at an EASY pace . Runners on Workout A (above) should start with 10 minutes EASY, followed immediately by 5 repetitions of 1 minute faster/2 minutes EASY, followed by a 5-minute EASY cooldown. Runners on Workout (B) should start with 10 minutes EASY, followed immediately by 3 repetitions of 1 minute faster/2 minutes EASY, followed by a 6-minute EASY cooldown. If you have to walk during the fartlek rests, you can do that, but try to do it without walking a couple of times.	REST

NOTES

These workouts will make sense to you once you've done it for a couple of weeks. When we begin meeting together for practice, we'll build on these.

TO DO

Get fit for running shoes at Fleet Feet or Bull City Running

Sleep 8-10 hours each night

Eat more than you usually do

Get a water bottle, and drink water throughout the day

FIRST DAY OF OPTIONAL WORKOUTS: Monday, June 14, 7 am. Get ready!
