

**BROCAW BLAZERS  
CROSS COUNTRY  
TRAINING PROGRAM**

**PHILOSOPHY**

My training philosophy is based on a three(3) day on and one(1) day off training program for younger runners. I firmly believe that a drastic increase in mileage is unnecessary and is in fact harmful to the physical, mental, and emotional well being of younger runners in the United States. It has and will continue to be my goal to gradually increase both volume and intensity as each runner matures from year to year. I therefore suggest the following guidelines for a fall/cross country training schedule.

**Age Group Minute Amounts per day and 3 day cycle**

**6-8** - 18-22 min/54-66 minutes

**9-10** - 25-27 min/75-81 minutes

**11-12** - 30-32 min runs with one run per week of 35 min/90-100 minutes

**13** – 35-40 min runs with one run per week of 40 min with a four day cycle

**14** - 40 min runs with one run per week of 45 min during the four day cycle

**Sept. 1-14.** Easy runs of no more than minutes listed above. The 11&12 group may run one (1) run during the 2nd week of 35 minutes. Always follow the 3 day training/on and 1 day no running/off cycle. Heartrate should only be between 160-175 bpm to accomplish this easy/aerobic training.

**Sept. 15-30.** One day of the 3 day cycle should be a type B workout and the other days easy/aerobic. By now the runners should be at the minute rates suggested per day and per cycle.

**October 1 - Nationals.** Continue the 3 day on 1 day off cycle as follows:

<u><b>Day 1</b></u>	<u><b>Day 2</b></u>	<u><b>Day 3</b></u>	<u><b>Day 4</b></u>	<u><b>Day 5</b></u>	<u><b>Day 6</b></u>	<u><b>Day 7</b></u>	<u><b>Day 8</b></u>
Type A	Type B	Easy	Off	Easy	Type A or B	Easy	Off

Any variation of this sequence may be used for scheduling conflicts except the following. Type A workouts may not follow a type B workout during a 3 day cycle. You may have 2 x type A and 1 type B workout **per week** or 2 x type B and 1 type A workout **per week**. Always allow one(1) off day and at least one(1) easy day following the last type A or B workout of the previous cycle before attempting the next type A or B workout. All other runs must be easy/aerobic or heartrate(HR) of 160-175 bpm. That's all!

**IMPORTANT NOTES**

All Type A & B workouts should have a 5 minute warm-up (WU) and cooldown (CD) for the 10 & under group, a 7 min WU and CD for the 11 & 12 group, and a 10 min WU and CD for the 13 & 14 group. **Include** 4-6 build-ups at the end of the Type A WU! All Type A & B workouts should be done **with the wind if possible!**

## Type A Workouts

### 1. Races

2. **3-5 x 3 min runs of**      A. 60 seconds hard/60 seconds easier or  
    **A or B.**                      B. 40 seconds hard/20 seconds easier or

### 3. **½ Mile – 1000 m Loop with a Flat or Slightly Undulating Terrain:**

- A. 2-3 sets of 4 x 80-90 sec for a total of 6-12 x 80-90 sec runs with each effort at the same/equal pace with the same recovery between each run. Allow with 3-4 min between each set.
1. First time run 80-90 sec and allow 90 sec recovery between each effort.
  2. Second time run same 80-90 sec run but only allow 75 sec recovery between each run.
  3. Third time run same 80-90 sec run but only allow 60 sec recovery between each run.
- B. 3-5 x 3 min runs with the same recovery between each effort.
- C. 2-3 Sets of 4 x 60 sec runs. Rest 60 sec by walking around and repeat back to start **or** Full recovery between sets and then repeat. **These should always be done with the wind** for the 60 sec effort if possible.
- D. As in 2. A and B above these runs can be done on the track only if it is too muddy or wet to be done on the grass, path or roads.

4. **2-3 Sets of 4 x Hills** (6-12 Total). If possible, find a hill approximately 150-200 meters in length. Start on the flat at the bottom and run up the hill and at the top continue running for another 50 meters. This teaches the runner to finish the hill and to continue the pace. Too many runners are satisfied with having made it up the hill that they get beat on the top and lose the race at this point. Walk/jog back down and start again.

**Notes:** Full recovery (HR to 120-130 bpm) between each set before starting the next one. The hard part needs to be a touch faster than race pace and the easier part should be a touch slower. In other words they slow down but not much! The distance run during each effort should be almost the same for that particular WO and should gradually get longer as the season progresses. These workouts are designed to replicate what actually happens in a race. They also allow you to keep better track of all of your runners and get them back together so you can monitor as well as help them more. I also prefer out and back runs for any effort shorter than three (3) minutes as it allows each runner to chase as well as lead. The total volume of the all Type A workouts except the hill workout and 60 sec runs should be close to race duration.

## Type B Workouts

1. **Fartlek** - 10 sec hard, 10 sec easier, 20 sec hard, 20 sec easier, 30 sec hard, 30 sec easier,... up to, 80 sec hard, 80 sec easier, and then 70 sec hard, 70 sec easier, 60 sec hard, 60 sec easier, 50 sec hard, 50 sec easier,...down to, 10 sec hard, 10 sec easier and then CD. Total time is 21:20. At first just do this one up to 70 sec hard then 70 sec easier and go back down.
2. **Cruise Intervals** - 3 or 5 min runs at a pace 30-45 seconds slower than mile race pace. Take a 30 sec break (3 min) and a 60 sec break (5 min) then repeat enough for a total of 20-25 minutes.
3. **Tempo/Lactate Threshold Run** - 20 minute run at 85-92% of HR Max or no faster than a pace that increases breathing to the point where conversation stops and focus shifts from passing time while running to the actual work of running. This is usually slightly slower than 10K pace.
4. **Indian Running** - In groups of 4-6 get in single file and start running. The last person in line surges to the front and becomes the leader. As soon as they get there the new last person surges to the front.
5. **Hill Repeats** - Find a course with some hills and run everything easy except for the uphill and the tops.
6. **Speed Sandwich** - Run 20 sec blazing and 2 min easy for the entire workout.

**Remember to WU & CD for all the above!**