



UC Cross Country 2013 -- Master Plan

BASE Phase

(13 weeks)

PRE-COMPETITIVE Phase

(5 weeks)

COMPETITIVE Phase

(4 weeks)

PEAK Phase

(2)

Workout Phase (General Plan - % of VVO2)	Jun. 10	Jun. 17	Jun. 24	Jul. 1	Jul. 8	Jul. 15	Jul. 22	Jul. 29	Aug. 5	Aug. 12	Aug. 19	Aug. 26	Sept. 2	Sept. 9	Sept. 16	Sept. 23	Sept. 30	Oct. 7	Oct. 14	Oct. 21	Oct. 28	Nov. 4	Nov. 11	Nov. 18	Nov. 25	
							No Contact			CAMP	Fire Run	Vaquero	D. Bosco		WBridge	Minn.	C. Park	SA/OLP	Serra	Mt. SAC	Cathedral	La Jolla	League	CIF	State	
Long Run (70-100 min. - 60-70%)			10-14 miles																							
Lactate Threshold (168-172 bpm - 80-85%)							2-mile Repeats (3 min. rec.)			4 mile Tempo Runs 40-50 sec. < 5K pace																
Aerobic Threshold (1 min. <5K pace - 70-80%)	2x per cycle when possible																									
Repeat Miles (K's, 800s) (80%-94% VVO2)									80% (5) 3 min. rec.		85% (4)			88% (4)			91% (4)			94% (3)						
400's (100-120%) (More @2:1 rec.-Less @1:1)														16@2:1			12@1.5:1			8@1:1						
Hill Work (Continuous Hills to Repeats)		Hill Running - 3 miles rolling hills										Hill Repeats 400m 10-12@2:1														
Accelerations (100's, 150's, flying 60's)						100m Accelerations on track (300 jog)					150's or 200's (1600 pace)							6x60		6x60		6x60				
Speed (100-200 or 200-300)																			100-200		200-300			200-300		
Intermediate Runs (Aerobic Conditioning - 60-70%)	Recovery Runs/Shorter Runs - Quality Mileage																									
Weekly Mileage (Reduce to 50%)		35	40	45	50	45	55	60	65	75	60	70	70	60	60	55	60	60	55	50	50	45	45	40		
Peak (Taper to 40-50% volume)																							Taper - Quality			