

Breakdown – ‘Developmental’ Training Plan, 2024 Cross Country

General Training Guidelines & Activities:

- Aerobic Run Pace Range, Approx ~ 6:30–8:00 /mile (2-3mins slower than mile pace)
- Supplementals Exercises 5-6 Days each Week
 - Core (3), Lunge-Squat (3), Hip Mobility (2-3), Stability & Plyo Routines (2)
- Lifting 2 Days each Week (3 days between lifting sessions)
 - Incremental increase in volume & weight, every 3-4 weeks
- Post-Run Strides, Early & Often – Pace/Rhythm Progressing week-to-week
 - Beginning at 5k rhythm then 3k—Mile—800/Sprint Efforts, etc.

JUNE

Purpose – FOUNDATION Training.

- Develop Habits – Establishing Base Mileage/Aerobic Capacity to be built upon in July.
- Begin Building Strength/General Fitness through supplemental and lifting routines

4 Weeks in June – Week 1 begins on Monday 6/03/2024

Approximate Weekly Mileage – Assuming 5-6 Runs, Avg. Aerobic Pace Range ~7:30

- Weeks 1 & 2: **25-30+ Miles /week**
- Weeks 3 & 4: **30-35+ Miles /week**

JULY

Purpose –FOUNDATIONAL Training, with incremental increase in volume.

- Building–Expanding Aerobic Capacity through Aerobic Runs, increasing volume
- Building–Expanding Strength/General Fitness through supplemental and lifting routines

5 Weeks in July – Week 5 begins on Monday 7/01/2027

Approximate Weekly Mileage – Assuming 6-7 Runs, Avg. Aerobic Pace Range ~7:30

- Weeks 5 & 6: **35-40+ Miles /week**
- Weeks 7 & 8: **40-45+ Miles /week**
- Week 9: **45-50+ Miles, *Marrington Camp***

AUGUST

Purpose – Finalizing Foundation and optimizing growth potential; increase training volume to max.

- Expanding Aerobic Capacity through EASY / STEADY and Long Aerobic Runs
- Building & Expanding General Strength & Fitness through supplemental routines and “simple” lifting routines
- 5k Race Prep – High Intensity Sessions to prepare and transition into the racing season.

4 Weeks in August – Week 10 begins on Monday 8/05/2023

Approximate Weekly Mileage (Assuming 7-8 Runs, Avg. Aerobic Pace Range is 7:00–8:00)

- Weeks 10: **40-50+ Miles /week**
- Weeks 11: **45-55+ Miles /week**
- Week 12: **45-50+ Miles /week**
- Week 13: **50-55+ Miles /week**

Pace Terms & Approximate Calculations:

“Easy” Aerobic Pace = ~3+ Minutes Slower than Mile Race Pace

- 5:00 Miler = Approx. 8:30 /Mile

Aerobic Run Pace = +/- 2–3 Minutes Slower than Mile Race Pace

- 5:00 Miler = Approx. 7:00–8:00 /Mile

“Up-Tempo” Pace = +/- 90 Seconds – 2 Minutes Slower than Mile Race Pace

- 5:00 Miler = 6:30–7:00 /Mile

Lactic Threshold / LT / Tempo Pace = +/- 60-Seconds Slower than Mile Race Pace

- 5:00 Miler = 6:00–6:15 /Mile

Critical Velocity Pace = +/- 45 Seconds Slower than Mile Race Pace

- 5:00 Miler = 5:45–5:50

Estimated 5k Pace = +/- 30-40 Seconds Slower than Mile Race Pace (Dependent on the Athlete, and does not account for xc course terrain/conditions)

- 5:00 Miler = ~ 5:30–5:40 // 5:10 Miler = ~ 5:40–5:50

Estimated 3k Pace = +/- 20-25 Seconds Slower than Mile Race Pace (Dependent on the Athlete)

- 5:00 Miler = 5:20–5:25 // 5:10 Miler = 5:30-5:35

Aerobic Pace Range, Minutes-to-Miles Conversion – **7:30** /Mile Pace

35 Minutes @ Approx. 7:30 = 4.67 miles

40 Minutes @ Approx. 7:30 = 5.33 miles

45 Minutes @ Approx. 7:30 = 6 miles

50 Minutes @ Approx. 7:30 = 6.67 miles

55 Minutes @ Approx. 7:30 = 7.33 miles

60 Minutes @ Approx. 7:30 = 8 miles

65 Minutes @ Approx. 7:30 = 8.67 miles

70 Minutes @ Approx. 7:30 = 9.33 miles

75 Minutes @ Approx. 7:30 = 10 miles

80 Minutes @ Approx. 7:30 = 10.67 miles

85 Minutes @ Approx. 7:30 = 11.33 miles

90 Minutes @ Approx. 7:30 = 12 miles