Lincoln Sudbury Cross Country 2020 Mileage/Training Outline

Name:

Email Address

Athlete Number:

Course Number:

Competitions														Bob MacDougall	Vs CR&L	NS/Frank Kelley	Westford	Vs. AB/Bay State	Twilight	DCL Championship	Frank Mooney	Divisionals	All State		Footlocker / NXN					
Date (Mondays)	6/8	6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3	8/10	8/17	8/24	8/31	9/7	9/14	9/21	9/28	10/5	10/12	10/19	10/26	11/2	11/9	11/16	11/23					
Macrocycles	**Summer**											**Cross Country**																		
Periods	**Preparatory Phase**													**Competition Phase**																
Phases	**General Preparation**								**Specific Preparation**								**Precompetition**					**Competition**								
Mesocycles	**1**				**2**				**3**				**4**				**5**					**6**								
Mesocycle Theme 1	**Aerobic Capacity**				**Aerobic Capacity**				**Aerobic Threshold**				**Lactate Threshold**				**V02 Max**					**V02 Max**								
Mesocycle Theme 2	**Aerobic Threshold**				**Aerobic Threshold**				**Lactate Threshold**				**V02 Max**				**Lactate Threshold**					**Lactate Threshold**								
Mesocycle Theme 3	**Lactate Threshold**				**Lactate Threshold**				**V02 Max**				**Aerobic Threshold**				**Aerobic Threshold**					**Anaerobic Threshold**								
Microcycles	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**					
Mileage (MPW)	**25**	**30**	**35**	**40**	**30**	**35**	**40**	**45**	**35**	**40**	**45**	**50**	**40**	**50**	**50**	**50**	**40**	**50**	**50**	**40**	**50**	**45**	**40**	**35**	**30**					
Long Run	**7**	**8**	**9**	**10**	**7**	**8**	**9**	**10**	**8**	**10**	**10**	**12**	**10**	**12**	**12**	**12**	**10**	**12**	**12**	**10**	**13**	**12**	**10**	**8**	**6**					

Please Enter Comments or Explanations in the Rows Below:

1) WEEKLY MILEAGE - Done in 5-6 days running with 1-2 complete REST days per week

2) LONG RUN - Done 1x per week at an easy pace unless otherwise specified. NOT to be exceeded by ANY other run during the week! Every other run should be LESS than the long run

3) MAKING UP MILEAGE - DO NOT attempt to make up mileage under any circumstances. This will only get you injured. If you miss a run for whatever reason just do it the next day.

4) SUMMER TRAINING PACES - All mileage is assumed to be easy/conversational pace unless otherwise specified

5) WARMUPS + STRENGTH - It is assumed that dynamic warmups + drills are done before each run and strength/core work is done following every run

6) RUNNING SURFACES - All runs should be done on soft surfaces as much as possible

7) RUNNING TIME OF DAY - All runs should be completed either before 10:00am, or after 6:00pm to avoid the hottest parts of the day

8) RECOVERY BETWEEN SESSIONS - Ideally 8-12+ hours of recovery should be done between all runs/training sessions

9) GENERAL RUNNING SAFETY - Run with partners as much as possible, use sunscreen, bug spray, bright clothing, & always run FACING traffic