

ST. MARY'S CROSS COUNTRY RUNNING TEAM

2024 SUMMER WORKOUTS



Prepare for the Opportunity

Workout Tips

- Before every workout do a 5-10 minute dynamic warm up
- Before every workout do 4x50 strides at 120% of race pace
- After every workout do 4x50 strides at 120% of race pace
- After every workout stretch for 5-10 minutes (whole body)
- After every workout do push ups/sit ups/core workout/or weights
- Take heart rate before starting workout and after every hard interval or end of runs
- If you cannot complete a workout, know that you tried your best and will build on that attempt
- If you know or feel the workout is too much just do part of the workout
- Each workout is followed by an easy run, if you still have not recovered well after easy run then cross train the next day instead of taking the day off (don't take the day off)
- If you're involved in other activities, adjust the workouts to your other training. For example, do a shorter tempo run or skip a more intense work out and do an easy run if other training was intense. As well, do less interval runs, shorten the distance, or if legs are tired cross train.

Workout Breakdown

DAY 1 Tempo Run 3-6 miles (5k-10k)

DAY 2 Short Intervals 10 or 12 x 200m

DAY 3 Easy Run 3-5 miles (5k-9k)

DAY 4 Fartlek Run 3-6 miles (5k-10k)

DAY 5 Rest or Cross-Training

DAY 6 Long Run 5-7+ miles (9k-12k)

DAY 7 Easy Run 3-6 miles (5k-10k) or Rest

DAY 8 Long intervals 5x800m or 5x1200m or 5x1600m or 3x800m and 3x1600m

DAY 9 Easy Run 3-6 miles (5k-10k)

DAY 10 Short Intervals 5x400 and 3x800

DAY 11 Easy Run 3-5 miles (5k-9k)

DAY 12 Race Day run 2.4K -3K (GR. 7&8) or 3K-5K (JV distance) or 4K-5K (Varsity Distance) (Timed Run)

Finish with 2 mile (4k) easy run or cross train

DAY 13 Pyramid Run 100m-200-300-400-500-600-700-800m-700-600-500-400-300-200-100m

DAY 14 Easy Run

Explanation of Workout

- Use Race Day to help with pace/intensity of workouts and to monitor progress/improvement.
- Tempo Runs are 75%-80% of your race pace (Hard pace) (The distance and time you ran on day 12).
- Fartlek Runs 50%-90% varying speeds over a certain time or distance (hard and easy pace).
- Easy Runs 60%-70% of Race Pace.
- Long Runs Constant Running 70%-80%.
- Long Intervals are varying intervals at 90% of race pace (rest between intervals is $\frac{3}{4}$ of interval time).
- Short Intervals are varying intervals at 110% of race pace (rest between intervals is 100% of interval time).
- Cross-Training is any physical activity other than running (e.g. Cycling and swimming).
- If running the prescribed distance is a problem then run a set time instead. For example instead of 800m run for 2.5-3 minutes.

Other Suggestions to help with your workout

- Have a good pair of running shoes (purchase).
- Don't quit if you cannot do full workout. Do what you can and try to increase intensity/distance/time/speed/pace by 10% each week.
- If you are having difficulty recovering between workouts, try cross training (biking/swimming/other cardio activities) to allow running muscles to rest but still working the cardiovascular system.
- Run on soft terrain (grass, sand, gravel, wood chips, soft track).
- Run on Hills (Westview Park commonly known as Garbage Hill or Kildonan East School Hill or Kilcona Park or Hills at U of M track or Hills on Bishop Grandin Trail between Pembina and Waverly).
- Other places to run include: LaBarriere Park, Assiniboine Park, Kildonan Park, St.Vital Park, Churchill Drive, Kings Park, UofM track, or other tracks at city schools to run intervals, and the old Southwood Golf Course by U of M.
- The U of M track is available as well (the best time is in the morning) as a great place to do speed workouts.
- Use a GPS watch.
- Use stopwatch.
- Use a Cellphone (ask Siri to help you – for example, Siri will let you know when 2 minutes is up for a timed run).
- If unsure of distance, use google map/pedometer/track/gps watch.
- Run with a friend.
- Have somebody cycle beside you when running.
- On a long run or easy run listen to music, however be aware (be safe) of your surroundings (not on hard days).
- Tell somebody where you are running and when you will be back. Bring phone if possible.
- Shoe pocket for change and I.D.
- Hat and sunglasses.
- Bring water and be hydrated before going and drink and eat after your runs.
- Do not run at night.
- Try not to run alone.
- Use a running log.
- Email ddanyluk@smamb.ca with any questions or to let me know how the training is going.
- I often come to St. Mary's to work out during the summer you may text or call me (204-226-7091) to see if we can train together.
- I often train at Assiniboine Park and on Wellington Crescent and in the morning, again you may call/text me to see if our training times match up.
- You may also email/text/call if you have any questions
- Use the running log to keep track of your progression and improvement.

TEAM WORKOUTS BEGIN IN AUGUST



