

Women: Winthrop Cross Country Workouts Summer 08'

"The 8 Week Build Up"

June 23- August 18th

Volume: Start @ 30mpw work to 50+

Remember that Sept -Oct will be long and hard. Be prepared to work.

Sample week: (you can move days accordingly to fit your schedule)

Monday	Unit: Endurance (threshold) 6-8 x 3' grass runs with 2' jog between each Make these as fast as race pace and be able to Spread energy across all 6-8
Tuesday	Unit: Strength AM: 20'run 2-3 sets of modified circuit PM: 35" easy
Wednesday	Unit: Endurance (steady state) 45' run 6:45-7' pace On Grass or at a park "Feel comfortable but smooth."
Thursday	Unit: Strength Same as Tuesday
Friday	Unit: Restoration 30' easy run, pool, or bike Judge how you feel but do something
Saturday	Unit: Tempo Endurance (tempo) 5K-8K race or 5-mile tempo run Record Time but race sparingly
Sunday	Unit: Endurance Up to 1 hour Nice and easy and on grass

You can substitute Monday with a hill session of 200-300m hills

Modified Circuit: pushups x 30 / bicycle sit-ups x 30/ killer sit ups x 30
Lunges x 12/ step-ups x 10/ squats x 10 / toe raises R-L-Both

Please be smart and work hard to come in fit and healthy. We will build on this summer's workout to launch not only XC but Track as well.