

Bowie High Cross Country

Pre Season Training 6 Week Program

Varsity Level:		May 10th	May 17th	May 24th	May 31st	June 7th	June 14th
<u>Day</u>	<u>Type</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
Mon	Long Run	5 mi.	6 mi.	7 mi.	8 mi.	9 mi.	10 mi.
Tues	BAE/Tempo	1mi./3mi.	1/3	1/3	1/3	1.5/3	1.5/3
Wed	Segment	32 min.	40 min.	48 min.	60 min.	60 min.	60 min.
Th	BAE/Tempo	1mi./4mi.	2/3	2/3	2/4	2/5	2/6
Fri	Threshold	2 mi.	3 mi.	4 mi.	5 mi.	6 mi.	7 mi.
Sat	BAE/Tempo	2mi./2mi.	2/5	2/6	2/7	2/8	2/8
Sun	Threshold	3 mi	4 mi.	5 mi.	6 mi.	7 mi.	8 mi.

9th/JV Level:		May 10th	May 17th	May 24th	May 31st	June 7th	June 14th
<u>Day</u>	<u>Type</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
Mon	Long Run	2 mi.	3 mi.	4 mi.	5 mi.	6 mi.	6 mi.
Tues	BAE/Tempo	1mi./1mi.	1/2	1/2	1/2	1.5/2	1.5/2
Wed	Segment	24 min.	24 min.	32 min.	32 min.	40 min.	40 min.
Th	BAE/Tempo	1mi./2mi.	1/2	1.5/2	1.5/2	2/2	2/2
Fri	Threshold	2 mi.	3 mi.	4 mi.	4 mi.	4 mi.	4 mi.
Sat	BAE/Tempo	1mi./2mi.	1/3	2/3	2/4	2/4	2/4
Sun	Threshold	2 mi	2 mi.	3 mi.	3 mi.	4 mi.	4 mi.

Explanations of Terms:

bpm – beats per minute; this is how many times your heart should be beating when you are working out

Long Run – a continuous run at a good pace (160-170bpm); not full speed but not a gossip jog

BAE – “Best Available Effort”; this is a run done for time, as fast as you can go for that distance

Tempo – harder than a long run but not quite race pace (180bpm)

BAE/Tempo – combination day, a BAE then a tempo run to follow it up

Segment – a run at threshold pace (150bpm) with a Tempo surge of 1 to 8 min. w/in the run (180bpm)

8-3-3-3-2-2-1-1-1 (24 min) jog- run hard-jog-run hard-repeat

6-6-3-3-3-2-2-2-2 (32 min)

1-1-2-2-3-3-3-3-4-4-4-2-2-1-1 (40 min)

2-2-2-3-3-4-4-6-6-3-3-3-2-2 (48 min)

8-8-6-6-5-5-4-4-3-3-2-2-1-1-1-1 (60min)

Threshold – these are done at an easy pace (150bpm); can be bike rides, swimming, roller blading...just no interruptions; **if cycling, the distance has to be multiplied by 3 to = the same**; i.e. 1 mile running is = to 3 mi. of riding your bike