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Moorestown Cross Country

2007 Training Plan

Our team is based on being a team first. Individuals set their own goals for the season and decide how hard they want to work and how well they want to do. This gives us a program that accommodates all levels of runners, from the beginner to the elite runner. When you review our Training charts, you will see different mileage suggestions for different categories of runner. We segment the team into 4 basic groups:

- * **Super Mileage** - typically about 60+ per week
- * **High Mileage** - 45-50 per week
- * **Mid Mileage** - 30-40 per week
- * **Low Mileage** - 20-25 per week

Each runner may float between groups on a daily basis depending on how the workout, how they feel, and what their plans are. The Training Schedules are just a rough plan - the actual workout for those days may have changed, but the basic intent is mostly kept in practice.

To achieve these miles, the general weekly mileage will look like this:

Super: About 8 miles per day six days per week. Plus 1 long run of 12 miles.

High: About 7 miles per day 5 days per week. Plus 1 long run of 10, and one day of 5 miles.

Mid: About 6 miles per day 5 days per week, Plus one long run of 8, and one day off.

Low: About 3 miles per day 5 days per week, Plus one long run of 5, and one day off.

Categories of Workouts:

Easy Pace - These are most of your runs. You should be able to hold a conversation.

Tempo - These are longer runs (1-4 miles) at faster pace. You should be able to speak in short sentences.

Threshold - These are typically 800-1600 meters at a faster pace. You should be able to speak in short sentences. (Current 5K +1 Minute)/5

Race Pace - This is the pace you run 5K (or 2 mile for freshman) at currently.

Sub-Race Pace - Faster than race pace

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Notes: Super - 8Mi X 6 Days + 12 Long Day High - 7Mi X 5 Days + 10 Long + 5 Easy Days Medium - 6 Mi X 5 Days + 8 Long Day + Off Day Low - 3 Miles X 5 Days + 5 Long Day + Off Day			1	2	3	4	S - 60 H - 50 M - 35 L - 15
5	6	7	8	9	10	11	S - 60 H - 50 M - 35 L - 20
12	13	14	15	16	17	18	S - 60 H - 55 M - 40 L - 20
19	20 Easy Distance Mentor Program	21 1 K Thresholds	22 Easy Distance	23 2 Mile Hard	24 Easy Distance	25 Bus to Belmont Plateau Hill Work	S - 60 H - 50 M - 35 L - 20
26 Easy Distance	27 Long Run	28 Easy Distance	29 Bus to Holmdel Mile Segments @ Threshold Tony's Run - Evening 5K	30 Easy Distance	31 S, H - Miles at Race Pace M, L - 1K's @ race pace Spikes for last rep	Trail Work Day	S - 60 H - 50 M - 35 L - 20

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Notes: Super - 8Mi X 6 Days + 12 Long Day High - 7Mi X 5 Days + 10 Long + 5 Easy Days Medium - 6 Mi X 5 Days + 8 Long Day + Off Day Low - 3 Miles X 5 Days + 5 Long Day + Off Day						1 Easy Distance Trail Work Day	S - 60 H - 50 M - 35 L - 20
2 Easy Distance	3 Long Run	4 Tempo S - 3 Mi H - 2 Mi M - 2 X 1 Mi L - 1 Mi	5 Easy Distance	6 Hills @ Threshold	7 Easy Distance	8 Yard Sale Rita's Run	S - 60 H - 50 M - 35 L - 20
9 Easy Distance	10 Long Run	11 Top 10 Run Together Batch @ Cinnaminson	12 Track Ladder @ 2 mile race pace	13 Easy Distance	14 Easy Distance Strides at end	15 Cherokee Challenge	S - 60 H - 55 M - 40 L - 25
16 Easy Distance	17 Long Run	18 Top 5 do not run - 3X 1 Mi @ race pace Batch @ Northern Burlington	19 Easy Distance	20 Tempo	21 Easy Distance	22 SJ Shootout	S - 60 H - 50 M - 35 L - 25
23 Easy Distance	24 Long Run	25 Friedman, #6-12 runners do workout Batch @ Westhampton	26 Threshold	27 Easy Distance	28 Easy Distance	29 Thompson Park Workout	S - 60 H - 50 M - 35 L - 25
30 Easy Distance	Notes: For race days, warm up and cool down are 1-3 miles EACH depending on mile level. High and Super guys should be doing 9 miles on race days.						

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
	1 Long Run	2 Top 10 together for first 2 mi, then race Batch @ RV	3 Easy Distance	4 Easy Distance, finish w/ strides RV Frosh Meet	5 Taper	6 Shore Coaches - Holmdel	S - 60 H - 50 M - 35 L - 25
7 Easy Distance	8 Long Run	9 Divisional Meet @ New Egypt	10 Hills @ Threshold	11 Easy Distance	12 Easy Distance, finish w/ Strides	13 Old Bridge Invitational - Thompson Park	S - 60 H - 50 M - 35 L - 25
14 Easy Distance	15 Long Run	16 Easy Distance	17 Short Ladder at faster than race pace	18 Easy Distance	19 Mill Creek Peak for non-Championship Squad	20 Easy Distance	S - 60 H - 50 M - 35 L - 20
21 Easy Distance	22 South Jersey Frosh/Soph - GCC	23 Easy Distance	24 Hills @ Race Pace and accelerating	25 Easy Distance	26 Easy Distance	27 Repeat miles at race pace and faster in spikes on grass	S - 60 H - 50 M - 35 L - 15
28 Easy Distance	29 Long Run	30 Hard track workout	31 Easy Distance	Notes: Taper is the term we use for doing whatever makes you feel good the day before a race. This is typically a short run at mostly easy pace, but typically involves some at race pace and faster.			S - 60 H - 50 M - 35 L - 20

November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Notes:				1 Easy Distance with strides at end	2 Taper	3 Sectionals - Delsea	S - 50 H - 40 M - 30 L - 15
4 Easy Distance	5 Easy Distance	6 Hills Hard	7 Easy Distance	8 Easy Distance with strides at end	9 Taper	10 State Championships Holmdel	S - 45 H - 35 M - 30 L - 15
11 Easy Distance	12 Threshold 1000's	13 Easy Distance	14 6 X 400	15 Easy Distance	16 Taper	17 Meet of Champions - Holmdel	S - 45 H - 35 M - 30 L - 20
18	19	20	21	22 Turkey Trot	23	24	S - 60 H - 50 M - 35 L - 20
25	26	27	28	29	30		S - 60 H - 50 M - 35 L - 20

December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total	
Notes:						1	S - 60 H - 50 M - 35 L - 15	
2	3	4	5	6	7	8	S - 60 H - 50 M - 35 L - 15	
9	10	11	12	13	14	15	S - 60 H - 55 M - 40 L - 20	
16	17	18	19	20	21	22	S - 60 H - 50 M - 35 L - 20	
23	24	25	26	27	28	29	S - 60 H - 50 M - 35 L - 20	
30	31							