

# 2008 Moorestown Cross Country Plan

**MXC is based on being a team first.** Our team accomodates all levels of runners, from the beginner to the elite runner. Everyone is expected to contribute their best efforts to the team. 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**

Your coaches will work with you to make sure you are in the appropriate group and that you have set appropriate goals for yourself. Each runner may float between groups on a daily basis depending on 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 8-10 miles per day six days per week. Plus 1 long run of 12 miles.

High: About 7-8 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.

	Mile Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week Of	L	3	3	3	3	3	3	0	18
24-Aug	M	5	6	5	5	5	5	3	34
	H	7	7	6	7	7	7	6	47
	SH	9	9	7	9	9	9	9	61
			2 Mile Time Trial			Hill Thresholds			

		Sept. 1	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week Of	L	5	4	3	4	3	5	0	24
31-Aug	M	7	8	4	5	5	7	3	39
	H	9	8	6	7	5	10	6	51
	SH	12	9	8	8	8	12	10	67
		Long Run		1K Thresholds			Long run		
Week Of	L	4	4	4	4	4	4	0	24
7-Sep	M	5	6	6	5	5	5	3	35
	H	7	8	6	7	5	5	8	46
	SH	9	9	8	8	8	8	10	60
			Miles, increasing pace		Long Tempo		Cherokee Challenge		
Week Of	L	4	5	4	4	4	5	0	26
14-Sep	M	5	6	7	5	5	8	3	39
	H	7	7	8	7	5	10	6	50
	SH	9	9	9	8	8	12	10	65
			New Egypt		1 K Thresholds		Long Run		
Week Of	L	4	4	4	4	4	6	0	26
21-Sep	M	5	6	6	5	5	8	3	38
	H	7	8	6	7	5	10	8	51
	SH	9	9	8	8	8	12	10	64
			Burl Twp		Mile Thresholds		SJ Shootout		

		Mon	Tues	Wed	Oct. 1	Fri	Sat	Sun	Weekly Total
Week Of	L	4	4	4	4	3	5	0	24
28-Sep	M	5	6	6	5	4	5	3	34
	H	7	8	7	7	5	6	8	48
	SH	9	9	9	8	7	8	10	60
			New Egypt		400 m Strides		Shore Coaches		
Week Of	L	4	4	4	4	3	5	0	24
5-Oct	M	5	6	6	5	3	5	3	33
	H	7	8	6	7	5	6	8	47
	SH	9	9	8	8	8	8	10	60
			HOME Batch	1K Thresholds			SI Open		
Week Of	L	4	4	4	4	4	5	0	25
12-Oct	M	5	6	6	5	5	5	3	35
	H	7	8	6	7	5	6	8	47
	SH	9	9	8	8	8	8	10	60
		Miles fast				County Open			
Week Of	L	5	4	4	4	4	5	0	26
19-Oct	M	7	6	6	5	5	5	3	37
	H	10	8	6	7	5	6	6	48
	SH	12	9	8	8	8	8	10	63
		Long Run			BCSL Championship		Hill Workout		

		Mon	Tues	Wed	Thurs	Fri	Nov. 1	Sun	Weekly Total
Week Of	L	4	4	4	4	4	5	0	25
26-Oct	M	5	6	6	5	5	7	3	37
	H	7	8	6	7	5	10	6	49
	SH	9	9	8	8	8	12	10	64
			8 X 800		Hill Thresholds		Long run		
Week Of	L	4	4	4	4	4	5	0	25
2-Nov	M	5	6	6	5	4	5	3	34
	H	7	8	6	7	4	6	6	44
	SH	9	9	7	7	5	8	10	55
			7 X 1000 Threshold		400 m strides		Sectionals		
Week Of	L	4	4	4	4	4	5	0	25
9-Nov	M	5	5	5	4	4	5	3	31
	H	5	5	5	4	4	6	6	35
	SH	7	7	6	5	5	8	10	48
		Hill workout		400 m strides			States		
Week Of	L	4	4	4	4	4	5	0	25
16-Nov	M	5	5	5	4	4	5	3	31
	H	5	7	5	4	4	6	6	37
	SH	7	7	7	5	5	8	5	44
			5 X 1000 Threshold		400 m strides		Meet of Champions		
Week Of	L	4	4	4	4	0	0	0	16
23-Nov	M	5	5	5	4	0	0	0	19
	H	5	5	5	4	0	0	0	19
	SH	5	5	5	5	0	0	0	20
					Turkey Trot				