

Build up to XC training – Coach: Claire (Trainee CiRF)

Sessions will cover a mix of Endurance, strength, and speed as a build up to the upcoming XC season (sessions will also suit training for upcoming road races)

Sessions are done to the individual's ability and can be adjusted if required due to fitness level, or an upcoming race.

Week 1 – 4/8 Pyramid Session

400m x 800m x 1200m x 1200m x 800m x 400m @ 5K pace

With 2min/400m jog recoveries between reps

Week 2 – 11/8 – Parlauf relays 'pairs running'

400'm repeats

Working in a pair with a runner of a similar ability, recovery time is the time that it takes for your partner to run 400m

Week 3 – 18/8 – Off track Hill session

Long and short hill reps – working on up and down hill technique.

Week 4 – 25/8

1000m repeats with 2 min/400m jog recoveries