

DPXC 2017 – Season Plan Outline

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Phase 0 – 2 weeks

Planned break after track competition ends.

Phase 1A – 3 weeks

Build-up to same miles/week as during track or last XC season.

Strides and short hills 2x week in 2nd and 3rd week.

Drills/strength 2x/week.

Phase 1B – 3 weeks

Continue miles/week attained in 1

Long run + strides 1x/week.

Strides or short hills 2x week after warm-up.

Drills/strength 2-3x/week.

Phase 2A – 3-n weeks

Increase miles/week by 5.

Long run + strides 1x/week.

30-60 second hills or hill circuits 1x/week.

Short hills 1x/week

Drills/strength 2-3x/week.

Phase 2B – n weeks

Maintain miles/week

Long run + strides every other week

Run with steady tempo (AT) every other week..

30-90 second hills or hill circuits 1x/week

Tempo run (LT) or tempo (LT) mile intervals + 200s/150s 1x/week.

Drills/strength 2-3x/week

Races start at end of this phase in mid-September.

Phase 3: 4 -5 weeks (late September to mid-October)

Maintain miles/week or might reduce by 5/week.

Long run + strides 1x/week

Hard VO2-max intervals (4:00 hard/3:00 jog) + 150s/200s 1x/week

Race (or LT tempo) 1x/week

Drills/strength 1-2x/week

Phase 4: 2-4 weeks

Miles might reduce by 5-10/week

Long or medium long run + strides 1x/week

VO2-max or tempo repeats + 150s/200s 1x/week

Target races (County, League 3 / Southern Section Prelim & Final)

Drills/strength 1-2x/week