

MORAGA XC & TRACK CLUB

2021 WINTER 8-WEEK TRAINING PLAN

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP

• 3-minute run

10 x linear leg swings on fence
10 x lateral leg swings on fence

• 3-minute run

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers
2 x 20m "h" skip
2 x 20m heel lift
2 x 10m knee lift

PERFORMANCE COOL-DWN

2 x 20m lateral squat walk
2 x 10 x push up
2 x 20m forward lunge walk
2 x 10 x triceps dip

Stretch circuit

LEG STRENGTH CIRCUIT

• Bring med-ball for these exercises:

-2 x 10 step up twist
-2 x 20m dbl-leg squat-hops (controlled flexion)
-2 x 20m dbl-leg straight-leg hops (quick flexion)

FITNESS WARM-UP

A: CIRCUIT

9 x 50m jog / strength circuit:

-10 x side leg raises, 10 x toe twists
-20 x opposite arm/leg raises, on chest
-20 x full squat
-30 x scoops
-20 x hands & knees scorpions
-20 x hurdle position leg lifts
-30 x low reach crunch
-20 x hands & knees hydrants
10 x single leg pistol squat

Jog Variation Between Each:

-backward jog x 2
-360 jog x 2
-crossover forward jog x 2
-wide step forward jog x 2

B: CIRCUIT

9 x 50m jog / strength circuit:

-20 x hip/trunk rotations, on back, shldr flat
-30 x pistons, "h" position to full extension
-20 x side clams
-30 x crunches
-20 x hands & knees bird dogs
-30 x thrust-crunches
-20 x chest lifts
-10 x abduction, 10 x adduction leg lifts
-90 sec. standing "h"

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-lateral skip x 2
-lateral saddle swings x 2

FITNESS COOL-DOWN

• 2 x 20-30m lower-leg strength drills:

-crazy feet (toes up/out, toes up/in, heels up/out, heels up/in)
-2 x 10 heel raises/drops (on step)
-60 sec. toe lift/tap

• 8 minute plank drill:

-rotate every minute: front plank/side plank/back plank...

Stretch circuit

GEN STRENGTH CIRCUIT

A: CIRCUIT

• Weight Circuit: 3 sets. MAX weight!:

A1. -8 x bench press (dumbbells)
A2. -8 x bent row (dumbbell)
A3. -20m lunge walk (dumbbells)

B1. -8 x pull up
B2. -8 x military press (dumbbells)
B3. -8 x deadlift (barbell)

C1. -8 x arm curls (dumbbells)
C2. -8 x triceps press (dumbbell)
C3. -20 x side pulls (dumbbell)

• Core Circuit: 60 seconds each:

-drop push (physio-ball)
-inchworm rollout/back (med-ball)
-ball pass (physio-ball)
-dbl-leg hamstring curl (physio-ball)
-overhead rainbow (med-ball)
-down-plank tuck (physio-ball)
-alternate leg v-up toe tap (med-ball)
-back extension-hands under chin (physio ball)
-straight-leg twist (physio ball)
-sit-up wood chop (med-ball)

B: CIRCUIT

• Weight Circuit: 3 sets. MAX weight!:

A1. -8 x pushup row (dumbbells)
A2. -8 x bent fly (dumbbell)
A3. -8 x full squat (barbell)

B1. -8 x pull up
B2. -8 x straight arm raise matrix (dumbbells)
B3. -8 x kettle bell swing (kettle bell)

C1. -20 x Russian twists (plate)
C2. -60 second running arms (dumbbells)
C3. -8 x pillar dips (dumbbell)

• Core Circuit: 60 seconds each:

-drop push (physio-ball)
-inchworm rollout/back (med-ball)
-ball pass (physio-ball)
-dbl-leg hamstring curl (physio-ball)
-overhead rainbow (med-ball)
-down-plank tuck (physio-ball)
-alternate leg v-up toe tap (med-ball)
-back extension-hands under chin (physio ball)
-straight-leg twist (physio ball)
-sit-up wood chop (med-ball)

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
NOVEMBER 22 AM: on your own 2 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	23 PM: 2:30pm @ CHS Fitness warm up B 30-40 min. RECOVERY RUN. 2 x Leg Strength Circuit	24 AM: 7:00am on Zoom 2 x Strength circuit. PM: on your own Fitness warm up A 25-30 min. RECOVERY RUN. Fitness cool down	25 PM: on your own LSD 40min 2 x Leg Strength Circuit	26 PM: on your own Fitness warm up B 25-30 min. RECOVERY RUN. Fitness cool down	27 AM: 7:00am on Zoom 2 x Gen Strength circuit. PM: on your own Fitness warm up A 20-30 min. RECOVERY RUN. Fitness cool down	28 AM: 9:00am Pods A, B, C: Meet @ Redwood Park, Oakland. Pods D, E, F: Meet @ 1907 Bear Creek Rd. Lafayette. LSD 40-50+min
NOVEMBER 29 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	30 PM: 3:35pm Pods D, E, F: Meet @ Moraga Commons. Pods A, B, C: Meet @ Lafayette Community Park. Fitness warm up B 30-40 min. RECOVERY RUN. 2 x Leg Strength Circuit	DECEMBER 1 AM: 7:00am on Zoom 3 x Strength circuit. PM: on your own Fitness warm up A 25-35 min. RECOVERY RUN. Fitness cool down	2 PM: 3:15pm @ CHS LSD 45-55 min 2 x Leg Strength Circuit	3 PM: 3:30pm Pods D, E, F: Meet @ Moraga Commons. Pods A, B, C: Meet @ Lafayette Community Park. Fitness warm up B 40 min. RECOVERY RUN. Fitness cool down	4 AM: 7:00am on Zoom 3 x Strength circuit. PM: 3:15pm @ CHS Fitness warm up A 25-35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down	5 AM: 9:00am Pods D, E, F, G: Meet @ Redwood Park, Oakland. Pods A, B, C: Meet @ 1907 Bear Creek Rd. Lafayette. LSD 50-60+min
DECEMBER 6 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	7 PM: on your own Fitness warm up B 30-40 min. EASY RUN. 4 x 30 sec. surge to 1600m pace w/ 30 sec. jog after each. 3 x Leg Strength Circuit	8 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 30-40 min. RECOVERY RUN. Fitness cool down	9 PM: on your own LSD on Rim Trail 50-65 min. 3 x Leg Strength Circuit.	10 PM: on your own Fitness warm up B 45 min. random FARTLEK RUN. Fitness cool down	11 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 25-35 min. RECOVERY RUN. 6 x 100m STRIDES Fitness cool down	12 AM: on your own LSD 60-70+min
DECEMBER 13 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	14 PM: on your own Fitness warm up B 30-40 min. EASY RUN. 6 x 30 sec. surge to 1600m pace w/ 30 sec. jog after each. 3 x Leg Strength Circuit	15 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 30-40 min. RECOVERY RUN. Fitness cool down	16 PM: on your own LSD 50-65 min. 3 x Leg Strength Circuit.	17 PM: on your own Fitness warm up B 50 min. random FARTLEK RUN. Fitness cool down	18 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 30-40 min. RECOVERY RUN. 6 x 100m STRIDES Fitness cool down	19 AM: on your own LSD 60-70+min
DECEMBER 20 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	21 PM: on your own Performance warm up 20 min. EASY RUN. 3-4 x 2 min. easy, 3 min. 20k pace, 1 min. easy, 1 min. 10k pace. 3 x 40 sec. @ 800m pace w/ 80 sec. jog recovery after each. 10 min. EASY RUN. Performance cool down	22 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 35-45 min. RECOVERY RUN. Fitness cool down	23 PM: on your own Fitness warm up B LSD on Rim Trail 55-70 min. 3 x Leg Strength Circuit.	24 PM: on your own Performance warm up 30 min. EASY RUN. 4 x 2 min. @ 10k pace w/ 60 sec. jog recovery after each. 1 x 60 sec. @ 1600 pace w/ 60 sec. jog recovery after each. 10 min. EASY RUN. Performance cool down	25 AM: on your own 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 30-40 min. RECOVERY RUN. 6 x 100m STRIDES Fitness cool down	26 AM: on your own LSD 65-80+min
DECEMBER 27 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	28 PM: on your own Performance warm up 20 min. EASY RUN. 25 min. PROGRESSION RUN. EASY to 10k pace. 6 x 30 sec. surge to 1600m pace w/ 30 sec. jog after each. 10 min. EASY RUN. Performance cool down	29 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 35-45 min. RECOVERY RUN. Fitness cool down	30 PM: on your own Fitness warm up B LSD 60-75 min. 3 x Leg Strength Circuit.	31 PM: on your own Performance warm up 20 min. EASY RUN. 8-8 x 150m HILL reps @ 90% Max Effort w/ jog recovery after each. 10 min. EASY RUN. Performance cool down	JANUARY 1 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 35-45 min. RECOVERY RUN. 8 x 100m STRIDES Fitness cool down	2 AM: on your own LSD 70-90+min
JANUARY 3 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	4 PM: on your own Performance warm up 20 min. EASY RUN. 3 x 2 min. easy, 5 min. 20k pace, 1 min. easy, 1 min. 10k pace. 3 x 40 sec. @ 800m pace w/ 80 sec. jog recovery after each. 10 min. EASY RUN. Performance cool down	5 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 40-50 min. RECOVERY RUN. Fitness cool down	6 PM: on your own Fitness warm up B LSD on Rim Trail 60-75 min. 3 x Leg Strength Circuit.	7 PM: on your own Performance warm up 30 min. EASY RUN. 4 x 2 min. @ 10k pace w/ 60 sec. jog recovery after each. 1 x 60 sec. @ 1600 pace w/ 60 sec. jog recovery after each. 10 min. EASY RUN. Performance cool down	8 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 35-45 min. RECOVERY RUN. 10 x 100m STRIDES Fitness cool down	9 AM: on your own LSD 70-90+min
JANUARY 10 AM: on your own 3 x Strength circuit. PM: 7:00pm on Zoom Team Meeting	11 PM: on your own Performance warm up 20 min. EASY RUN. 30 min. PROGRESSION RUN. EASY to 10k pace. 6 x 30 sec. surge to 1600m pace w/ 30 sec. jog after each. 10 min. EASY RUN. Performance cool down	12 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 40-50 min. RECOVERY RUN. Fitness cool down	13 PM: on your own Fitness warm up B LSD 60-75 min. 3 x Leg Strength Circuit.	14 PM: on your own Performance warm up 20 min. EASY RUN. 8-10 x 150m HILL reps @ 90% Max Effort w/ jog back recovery btwn each. 10 min. EASY RUN. Performance cool down	15 AM: 7:00am on Zoom 3 x Strength circuit. 20 min. RECOVERY RUN. PM: on your own Fitness warm up A 35-45 min. RECOVERY RUN. 10 x 100m STRIDES Fitness cool down	16 AM: on your own LSD 70-90+min