

# MORAGA XC & TRACK CLUB

## 2021-2022 WINTER 9-WEEK ENDURANCE 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

##### • Use 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)

##### • Med-Ball 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)

##### • Med-Ball 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
DECEMBER 5	6 PM: 3:30pm @ CHS Fitness warm up B 20-30 min. RECOVERY RUN.	7 PM: 3:30pm @ CHS LSD 40min	8 PM: 3:30pm @ CHS Fitness warm up A 25-30 min. RECOVERY RUN. Fitness cool down	9 PM: 3:30pm @ CHS Fitness warm up B 25-30 min. RECOVERY RUN. Fitness cool down	10 PM: 3:30pm @ CHS Fitness warm up A 20-30 min. RECOVERY RUN. Fitness cool down	11 AM: 9:00am @ Redwood Park, Oakland. LSD 40-50+min
DECEMBER 12	13 PM: 3:30pm @ CHS Fitness warm up B 30-40 min. RECOVERY RUN.	14 PM: 3:30pm @ CHS LSD 40min 2 x Leg Strength Circuit	15 AM: On your own 10 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 25-30 min. RECOVERY RUN. Fitness cool down 2 x Strength circuit.	16 PM: 3:30pm @ CHS Fitness warm up B 25-30 min. RECOVERY RUN. Fitness cool down 3 x Leg Strength Circuit.	17 AM: On your own 10 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 20-30 min. RECOVERY RUN. Fitness cool down 2 x Gen Strength circuit.	18 AM: 9:00am @ 1907 Bear Creek Rd. Lafayette. LSD 40-50+min
DECEMBER 19	20 NO SCHOOL AM: 9:00am @ CHS Fitness warm up B 30-40 min. RECOVERY RUN. 3 x Strength circuit.	21 NO SCHOOL AM: 9:00am @ CHS Fitness warm up A 25-35 min. RECOVERY RUN. Fitness cool down 3 x Leg Strength Circuit.	22 NO SCHOOL AM: 9:00am @ CHS Fitness warm up A 25-35 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.  PM: On your own 15 min. RECOVERY RUN. Med-Ball Core Circuit A	23 NO SCHOOL AM: 9:00am @ CHS Fitness warm up B 40 min. RECOVERY RUN. Fitness cool down 3 x Leg Strength Circuit.	24 NO SCHOOL AM: 9:00am @ CHS Fitness warm up A 25-35 min. RECOVERY RUN. 4 x 100m STRIDES Fitness cool down 3 x Strength circuit.  PM: On your own 15 min. RECOVERY RUN. Med-Ball Core Circuit B	25 AM: On your own. LSD 50-60+min
DECEMBER 26	27 NO SCHOOL AM: 9:00am @ CHS 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 Strength circuit.	28 NO SCHOOL AM: 9:00am @ CHS LSD on Rim Trail 50-65 min. 3 x Leg Strength Circuit.	29 NO SCHOOL AM: 9:00am @ CHS Fitness warm up A 30-40 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.  PM: On your own 20 min. RECOVERY RUN. Med-Ball Core Circuit A	30 NO SCHOOL AM: 9:00am @ CHS Fitness warm up B 45 min. random FARTLEK RUN. Fitness cool down 3 x Leg Strength Circuit.	31 NO SCHOOL AM: 9:00am @ CHS Fitness warm up A 25-35 min. RECOVERY RUN. 8 x 100m STRIDES Fitness cool down 3 x Strength circuit.  PM: On your own 20 min. RECOVERY RUN. Med-Ball Core Circuit B	JANUARY 1 AM: On your own. LSD 55-65+min
JANUARY 2	3 NO SCHOOL AM: 9:00am @ CHS 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 Strength circuit.	4 PM: 3:30pm @ CHS LSD 50-65 min. 3 x Leg Strength Circuit.	5 AM: On your own 20 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 30-40 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.	6 PM: 3:30pm @ CHS Fitness warm up B 50 min. random FARTLEK RUN. Fitness cool down 3 x Leg Strength Circuit.	7 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit B  PM: 3:30pm @ CHS Fitness warm up A 30-40 min. RECOVERY RUN. 8 x 100m STRIDES Fitness cool down 3 x Strength circuit.	8 AM: 9:00am @ Redwood Park, Oakland. LSD 60-70+min
JANUARY 9	10 PM: 3:30pm @ CHS 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 3 x Strength circuit.	11 PM: 3:30pm @ CHS Fitness warm up B LSD on Rim Trail 55-70 min. 3 x Leg Strength Circuit.	12 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 35-45 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.	13 PM: 3:30pm @ CHS 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 3 x Leg Strength Circuit.	14 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit B  PM: 3:30pm @ CHS Fitness warm up A 30-40 min. RECOVERY RUN. 8 x 100m STRIDES Fitness cool down 3 x Strength circuit.	15 AM: 9:00am @ 1907 Bear Creek Rd. Lafayette. LSD 65-75+min
JANUARY 16	17 NO SCHOOL AM: 9:00am @ CHS 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 3 x Strength circuit.	18 PM: 3:30pm @ CHS Fitness warm up B LSD 60-75 min. 3 x Leg Strength Circuit.	19 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 35-45 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.	20 PM: 3:30pm @ CHS Performance warm up 20 min. EASY RUN. 6-8 x 150m HILL reps @ 90% Max Effort w/ jog recovery after each. 10 min. EASY RUN. Performance cool down 3 x Leg Strength Circuit.	21 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit B  PM: 3:30pm @ CHS Fitness warm up A 35-45 min. RECOVERY RUN. 8 x 100m STRIDES Fitness cool down 3 x Strength circuit.	22 AM: 9:00am @ Redwood Park, Oakland. LSD 70-80+min
JANUARY 23	24 PM: 3:30pm @ CHS 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 3 x Strength circuit.	25 PM: 3:30pm @ CHS Fitness warm up B LSD on Rim Trail 60-75 min. 3 x Leg Strength Circuit.	26 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 40-50 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.	27 PM: 3:30pm @ CHS 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 3 x Leg Strength Circuit.	28 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit B  PM: 3:30pm @ CHS Fitness warm up A 35-45 min. RECOVERY RUN. 10 x 100m STRIDES Fitness cool down 3 x Strength circuit.	29 AM: 9:00am @ 1907 Bear Creek Rd. Lafayette. LSD 80-90+min
JANUARY 30	31 PM: 3:30pm @ CHS 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 3 x Strength circuit.	FEBRUARY 1 PM: 3:30pm @ CHS Fitness warm up B LSD 60-75 min. 3 x Leg Strength Circuit.	2 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit A  PM: 3:30pm @ CHS Fitness warm up A 40-50 min. RECOVERY RUN. Fitness cool down 3 x Strength circuit.	3 PM: 3:30pm @ CHS Performance warm up 20 min. EASY RUN. 8-10 x 150m HILL reps @ 90% Max Effort w/ jog back recov. asy b/w each. 10 min. EASY RUN. Performance cool down 3 x Leg Strength Circuit.	4 AM: on your own 20 min. RECOVERY RUN. Med-Ball Core Circuit B  PM: 3:30pm @ CHS Fitness warm up A 35-45 min. RECOVERY RUN. 10 x 100m STRIDES Fitness cool down 3 x Strength circuit.	5 AM: 9:00am @ Redwood Park, Oakland. LSD 80-90+min