Santa Margarita Eagles Cross-Country

Offseason Training Plan

May 11-June 22

Why?

- Build endurance slowly to prepare for cross country summer training.
- A slow build reduces the chance of injury
- Run with your friends.
- As endurance increases, the body adapts by strengthening ligaments and tendons, adds specificity to muscular systems, and increases mitochondria and capillary development.
- Properly preparing for summer training means a runner's fitness does not fall behind his or her teammates during the crucial July and August team sessions. The championships of autumn are won in the heat of summer. So do these miles and show up to camp in shape.

Where?

- Dirt trails are preferred to concrete and pavement. Hills are great.
- The beach is always an excellent place to run -- then jump in the water for recovery.

When?

- Run anytime, but as the weather heats up early mornings or evenings are best.
- One day of complete rest each week is a hallmark of Eagle Cross Country. Sunday is the ideal day for this important mind and body restoration. We all need a weekly Sabbath.

How fast?

- Easy and conversational. We'll add intensity soon enough but early Base Phase training is never done at a hard pace. This "Level 2" training allows adaptations without breaking the body down. If you can't speak more than a complete sentence during the run, you're going too fast. When in doubt, slow down.
- Preseason training is an ideal time to get new running shoes (they should be replaced every 350 miles); dial in sleep, hydration, and food; learn how to use that brand new running watch (everyone should have one). Remember: keep these runs easy and conversational. The goal is not to be amazing in July but to be a champion in November.

Finally, the important part: HOW FAR and HOW OFTEN?

Week of May 11: Return to running after post-track break. 3-5 runs of 20-40 minutes.
Week of May 18: Add another run. 4-6 runs of 20-40 minutes.
Week of May 25: Increase volume. 5-6 runs of 30-45 minutes.
Week of June 1: Maintain volume. 5-6 runs of 30-45 minutes.
Week of June 8: Add a long run. 4-5 runs of 30-45 minutes. One long run of 50-60 minutes.
Week of June 15: Add volume. 5 runs of 40-50 minutes. Long run of 55-65 minutes.
Week of June 22: Team training begins. 159 days to State.

GO EAGLES!