

# AUGUST FALCON XC TRAINING SCHEDULE

	<p><b>B: Beginner</b>  <b>I: Intermediate</b>  <b>A: Advanced</b></p>	<p><b>1</b></p> <p><b>Pool Workout or Rest and Recovery Run</b></p> <p>B: 25-30 min.  I: 30-35 min.  A: 35-40 min.</p> <p>POOL:  10 min. Warm up laps</p> <p>5 min. 30 seconds flutter kicks, 30 seconds rest</p> <p>1 Lap</p> <p>5 min. Running 30 seconds sprint, 30 seconds treading</p> <p>1 Lap</p> <p>2 x 15 leg lifts</p>	<p><b>2</b></p> <p><b>Easy Run + Hills + Core (Hidden Valley Park)</b></p> <p>B - 15 min. Easy peanut loop, followed by 15 min. Repeating hill loop (either upper loop by fountain at Paso or upper hill varsity race loop at Hidden Valley)</p> <p>I - 20 min. Easy peanut loop, followed by 20 min. Repeating hill loop</p> <p>A- 25 min. Easy peanut loop, followed by 30 min. Repeating hill loop</p> <p>2-3 x Finale Hill Repeats</p> <p><a href="#">Core Circuit</a></p>	<p><b>3</b></p> <p><b>Rest and Recovery + Strides</b></p> <p>B: 25-30 min.  I: 30-35 min.  A: 35-40 min.</p>	<p><b>4</b></p> <p><b>LSD Run + Core</b></p> <p>B - 40 min.  I - 45-50 min.  A - 60-80 mi</p> <p><a href="#">Core Circuit</a></p>	<p><b>5</b></p> <p><b>OFF</b></p>
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<p>6</p> <p><b>Easy Run + Strides + Core</b></p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p><b>6x100m strides on grass</b></p> <p><a href="#">Core Circuit</a></p>	<p>7</p> <p><b>Fartlek Run @9am at Hidden Valley Park</b></p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p>	<p>8</p> <p><b>Pool Workout or Rest and Recovery Run + Strides @9am at CP Pool</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p>6 x 100m Strides</p>	<p>9</p> <p><b>Double Day</b></p> <p><b>AM</b></p> <p><b>Easy Run + Core Circuit</b></p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p><a href="#">Core Circuit</a></p> <p><b>PM</b></p> <p><b>Shake-out Run</b></p> <p>30 min. (as long as first run was before 10am and PM run is at least 6 hours after)</p>	<p>10</p> <p><b>Easy Run + Hills (Hidden Valley Park)</b></p> <p>B - 15 min. Easy, Stretch, 20 min. Easy, 2-3 x Finale hill repeats</p> <p>I - 20 min. Easy, Stretch, 25 min. Easy, 2-3 x Finale hill repeats</p> <p>A- 25 min. Easy, Stretch, 25 min. Easy, 3-4 Finale hill repeats</p>	<p>11</p> <p><b>LSD Run + Strides + Core</b></p> <p>B - 40 min. I - 45-50 min. A - 60-80 mi</p> <p>6 x 100m Strides</p> <p><a href="#">Core Circuit</a></p>	<p>12</p>
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<p>13</p> <p><b>FIRST DAY OF PRACTICE</b></p> <p><b>Meet at CP Track @ 3:00 PM</b> and walk to Valley View MS Baseball Field</p> <p>10-15 min Warm-Up</p> <p>B/I: 400, 800, 1200, 800, 400 @ 75-80% effort, 200 jog in between</p> <p>A: 400, 800, 1200, 1600, 1200, 800, 400 @ 75-80% effort, 200 jog in between</p> <p>10-15 min Cool-Down</p>	<p>14</p> <p><b>Rest and Recovery + Strides + Core Circuit @ CP Track 3:00 PM</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p>6 x 100m Strides</p> <p><u>Core Circuit</u></p>	<p>15</p> <p><b>Fartlek @ Paso Robles Park 3:30 PM</b></p> <p>B: 8 min. Easy, 8 min. with 1 min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p>	<p>16</p> <p><b>Fitness Test @ CP Track 3:00 PM</b></p> <p>10-15 min. Warm-Up</p> <p>Stretch Circuit</p> <p>2 Mile Time Trial on Track</p> <p>1-2 Mile Cool-Down</p>	<p>17</p> <p><b>Rest and Recovery + Core Circuit</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p><u>Core Circuit</u></p>	<p>18</p> <p><b>LSD + Strides + Pool Time @ Castle Rock 10:00 AM</b></p> <p>*Carpool B - 30-40 min. I - 45-50 min. A - 60-80 mi</p> <p>6 x 100m Strides</p> <p><b>*Pool Access Fees</b> \$3.50 age 16-61 \$2.50 age 1-15</p>	<p>19</p> <p><b>Varsity 4 Mile Shake-out via Strava App</b></p>
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<p>20</p> <p><b>1000m Intervals @ Paso Robles Park</b></p> <p>10-15 min Warm-Up</p> <p>3-5 x 1000m at V.o2 Max</p> <p>10-15 min Cool-Down</p> <p>Stretch Circuit</p>	<p>21</p> <p><b>Rest and Recovery + Strides + Core Circuit</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p>6 x 100m Strides</p> <p><u>Core Circuit</u></p>	<p>22</p> <p><b>Fartlek @ Paso Robles Park</b></p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p>	<p>23</p> <p><b>Rest and Recovery + Strides + Core Circuit</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p>6 x 100m Strides</p> <p><u>Core Circuit</u></p>	<p>24</p> <p><b>Ed Sias 2 Mile Time Trial @ Hidden Vally Park 3:30 PM</b></p> <p><b>Team Potluck Picnic</b></p>	<p>25</p> <p><b>LSD + Strides + Pool Time @ Castle Rock 10:00 AM</b></p> <p>*Carpool</p> <p>B - 30-40 min. I - 45-50 min. A - 60-80 mi</p> <p>6 x 100m Strides</p> <p><b>*Pool Access Fees</b> \$3.50 age 16-61 \$2.50 age 1-15</p>	<p>26</p> <p><b>Varsity 4 Mile Shake-out via Strava App</b></p>
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<p>27</p> <p><b>Hill Workout</b></p> <p>Warm-Up Jog to Paso</p> <p>Stretch Circuit</p> <p>3-5 x Hill Repeats</p> <p>3000-5000m Indian Run</p> <p>Cool-Down Jog to CP Track</p>	<p>28</p> <p><b>Rest and Recovery + Strides + Core Circuit</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p>6 x 100m Strides</p> <p><u>Core Circuit</u></p>	<p>29</p> <p><b>LSD + Strides + Ice Bath</b></p> <p>B - 30-40 min. I - 45-50 min. A - 60-80 mi</p>	<p>30</p> <p><b>Fartlek @ Paso Robles Park</b></p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p>	<p>31</p> <p><b>Rest and Recovery + Strides + Core Circuit</b></p> <p>B: 25-30 min. I: 30-35 min. A: 35-40 min.</p> <p>6 x 100m Strides</p> <p><u>Core Circuit</u></p>		
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