



XC Mid-Season



I. Prioritize Meets and Work-Outs

- Rank meets in order of importance...State = 1, Regional 2 or 3, Conference 2 or 3 and Jamborees are 4 and 5
- All other meets are lower priority to Work-Outs...if you can't work-out we don't race!

II. Consistency and Accountability are key aspects for this six-week period

- These are critical year round if you really want to be successful but any runner that wants to be at their best at the end of the season must exhibit these traits during the Mid-Season
 - o This is the coaches job and a value that coaches need to instill in their runners
 - Pacing Charts, Mileage Calendars, Pacing Group Assignments, Personal Conversations
 - o The best runners learn this, take ownership in this regard and flourish...even runners that don't learn this but are held to this standard by a coach will improve

Athletes need to know their Group #...hopefully it increases as season goes on and they improve! This allows for each athlete to know what their pace should be based upon whatever work-out we are doing.



5K Range	Group #	3200 Meter Range
15:00-15:15	120	9:15-9:30
15:15 - 15:30	115	9:30-9:45
15:30-16:00	110	9:45-10:00
16:00-16:30	105	10:00 - 10:15
16:30 - 17:00	100	10:15-10:30
17:00 - 17:30	95	10:30 - 10:50
17:30 - 18:00	90	10:50 -11:10
18:00 - 18:30	85	11:10 - 11:30
18:30 - 19:00	80	11:30 - 11:50
19:00 - 19:30	75	11:50 -12:10
19:30 - 20:00	70	12:10 - 12:30
20:00 - 20:30	65	12:30 - 12:50
20:30 - 21:00	60	12:50 - 13:10
21:00 - 21:30	55	13:10 - 13:30
21:30 - 22:00	50	13:30 - 13:50
22:00 - 22:30	45	13:50 - 14:10
22:30 - 23:00	40	14:10 - 14:30
23:00 -23:30	35	14:30 - 14:45
23:30 - 24:00	30	14:45 - 15:00
24:00 - 24:30	25	15:00 - 15:25
24:30 - 25:00	20	15:25 - 15:45
25:00 – 25:30	15	15:45 – 16:15
25:30 – 26:30	10	16:15 – 16:45
26:30 - +++	5	16:45 – +++



4 Mile Tempo Day: I show up to practice with two forms.

Pacing Chart and actually performed work-outs for year and space to document today's performance.



Work-Out: 4 Mile Tempo

Goal: Each mile incrementally faster than the previous...fastest mile is last mile

Group #	400	800	1200	1 Mile	2 Mile	3 Mile	Final Time	Average pace per mile
	Over-All	Over-All	Over-All	Over-All	Split/ Over-All	Split/ Over-All	Final Mile/ Total	
100	1:30	3:00	4:30	6:00	5:50/ 11:50	5:40/ 17:30	5:30 / 23:00	5:45
95	1:32	3:05	4:37	6:10	6:00/ 12:10	5:50/ 18:00	5:40 / 23:40	5:55
90	1:35	3:10	4:45	6:20	6:10/ 12:30	6:00/18:30	5:50/ 24:20	6:05
85	1:37	3:15	4:53	6:30	6:20/ 12:50	6:10/ 19:00	6:00/ 25:00	6:15
80	1:40	3:20	5:00	6:40	6:30/ 13:10	6:20/ 19:30	6:10/ 25:40	6:25
75	1:42	3:25	5:07	6:50	6:40/ 13:30	6:30/ 20:00	6:20 / 26:20	6:35
70	1:45	3:30	5:15	7:00	6:50/ 13:50	6:40/ 20:30	6:30/ 27:00	6:45
65	1:47	3:35	5:22	7:10	7:00/ 14:10	6:50/ 21:00	6:40/ 27:40	6:55
60	1:50	3:40	5:30	7:20	7:10/ 14:30	7:00/ 21:30	6:50/ 28:20	7:05
55	1:52	3:45	5:38	7:30	7:20/ 14:50	7:10/ 22:00	7:00/ 29:00	7:15
50	1:55	3:50	5:45	7:40	7:30/ 15:10	7:20/ 22:30	7:10/ 29:40	7:25
45	1:57	3:55	5:52	7:50	7:40/ 15:30	7:30/ 23:00	7:20/ 30:20	7:35
40	2:00	4:00	6:00	8:00	7:30/ 15:50	7:40/ 23:30	7:30 / 31:00	7:45
35	2:02	4:05	6:07	8:10	8:00/ 16:10	7:50/ 24:00	7:40 / 31:40	7:55
30	2:05	4:10	6:15	8:20	8:10/ 16:30	8:00/ 24:30	7:50/ 32:20	8:05
25	2:07	4:15	6:22	8:30	8:20/ 16:50	8:10/ 25:00	8:00/ 33:00	8:15
20	2:10	4:20	6:30	8:40	8:30/ 17:10	8:20/ 25:30	8:10/ 33:40	8:25
15	2:12	4:25	6:37	8:50	8:40/ 17:30	8:30/ 26:00	8:20/ 34:20	8:35
10	2:14	4:30	6:42	9:00	8:50/ 17:50	8:40 / 26:30	8:30/ 35:00	8:45
5	2:16	4:35	6:50	9:10	9:00/ 18:10	8:50 / 27:00	8:40/ 35:40	8:55
0	2:18	4:40	6:57	9:20	9:10/ 18:30	9:00 / 27:30	8:50/ 36:20	9:05

4 Mile Tempos	Aug 13	Aug 24	Today	Best 2018	2017	2016	2015
	4 Mile	4 Mile	Today				
Vander Lende, Ericka	23:08	23:08		22:58	23:00	25:04:00	31:15:00
Everhart -Deckard, Emma	27:16:00	28:15:00		25:31:00	25:52	26:45:00	30:06:00
Ewen, Bailey	31:46:00	31:41:00		25:43:00			
Allshouse, Lexie	28:55:00	30:03:00		26:12:00	28:53		
Gardner, Karlie	27:16:00	27:16:00		26:42:00			
Bennett, Elizabeth	31:11:00	29:30:00		26:51:00	29:32	33:13	
Thompson, Riley	29:08:00	29:10:00		27:11:00	28:00		
Maynard, Carly	33:24:00	33:38:00		27:35:00	27:52	28:56	
Ullery, Sophia	29:20:00	31:14:00		27:45:00	29:47	31:59	
VanStensel, Elise	31:38:00	31:32:00		28:44:00	30:15		
Fike, Hailey	Sick	33:29:00		28:44:00			
Vanderwiel, Grace	31:10:00	30:01:00		29:04:00	29:32	33:13	
Collings, Chloe	31:49:00	30:22:00		29:07:00			
Weirich, Lilly	34:44:00	33:10:00		29:12:00	27:52	28:56:00	
Sweeney, Mara	31:25:00	30:53:00		29:35:00			
Vanluven, Rose	31:52:00	32:42:00		29:55:00	30:38		
Flanders, Grace	3 Mile	33:15:00		30:02:00			
Kellner, Lauren	32:50:00			30:04:00	31:26		
Dudka, Anna	34:29:00	33:42:00		30:22:00	31:48		
Everhart -Deckard, Allison	3 Mile	35:11:00		31:08:00			
Beechy, Scarlett	3 Mile	35:11:00		31:20:00			
Duvall, Jordan	3 Mile	33:50:00		31:21:00			
Danks, Emily	DNF	35:28:00		31:35:00			
Tonelli, Sylvia				32:36:00			
Grimm, Evelyn	3 Mile	37:04:00		32:49:00			
Kaufman, Ruth	3 Mile	38:38:00		33:20:00			
Host, Katie	39:17:00	33:26:00		33:26:00	33:54	34:56	
O'Malley, Madelyn	42:10:00	37:04:00		34:23:00	36:08	34:21	36:36
Waite, Guin	38:55:00	Bike		34:36:00	42:30		
Navarro, Marta				35:07:00			

Continuous Hill Day: Only one form....I don't have a pacing schedule...just history of what athlete has done.



Continuous Hill Run		Best of 2018	Best of 2017
	Goal		
Vander Lende, Ericka	Best 7	6 = 20:13	6=20:46, 7=24:10
Everhart -Deckard, Emma	Best 7	6 = 23:05 7 = 26:52	6=22:36, 7=26:27
Gardner, Karlie	Best 6	6 = 23:20 7 = 27:11	5
Allshouse, Lexie	Best 6	6 = 23:37 7 = 27:36	6=24:32, 7= 26:48
Ewen, Bailey	Best 6	6= 24:06 7=28:00	
Ullery, Sophia	Best 7	6 = 24:10	6=24:56
Bennett, Elizabeth	Best 7	6 = 24:25	6=26:17
Thompson, Riley	Best 6	6 = 24:31	6 = 25:33
Vanderwiel, Grace	Best 6	6= 25:23	6= 27:07
Collings, Chloe	Best 6	6 = 25:26	
Sweeney, Mara	Best 6	6 = 25:58	
Weirich, Lilly	Best 6	6 = 26:47	
Fike, Hailey	Best 6	6 = 27:09	
Maynard, Carly	Best 6	6 = 27:33	6=27:06, 7 =30:57
Danks, Emily	Best 6	6=27:66	
Vanluven, Rose	Best 6	6 = 27:40	6= 28:50, 7= 33:33
Beachy, Scarlet	Best 6	6 = 27:47	
Flanders, Grace	Best 6	6 = 28:22	
Dudka, Anna	Best 6	6 = 28:27 7 = 32:57	6 = 29:48
Tonelli, Silvia	Best 6	6 = 28:27	
Duvall, Jordan	Best 6	6 = 28:28	
Everhart -Deckard, Allison	Best 6	6 = 29:00	
Kellner, Lauren	Best 6	6 = 29:00	6 = 29:05
Kauffman, Ruth	Best 6	6 = 29:08	
Host, Katie	Best 7	6 = 29:46	6 = 30:21
Grimm, Evelyn	Best 6	6 = 29:52	
Navarro, Marta	Best 6	6 = 29:56	
O'Malley, Madelyn	Best 7	6 = 31:28	6 in 31:20
Waite, Guin	Best 6	6 = 31:32	2
VanStensel, Elise	???	Modified	6= 27:54, 7= 32:30



Alternative Training on the Re:



Alternative Work-Outs to Running

Equal to 6 Miles of Running

Options are placed in order from best option to least-best option

Option #1: (Swimming)

20 minute warm-up easy swimming
25 * 50 meters on 1:30
- you have 1:30 to do the fifty and rest. Start up again at 1:30
20 minute cool-down easy swimming

Option #2: (Aqua Running)

20 minutes warm-up of easy running
On/ Off efforts
-1,2,3,4,5,4,3,2,1,1,1,1,1,1 minute on with 1 minute easy in between each making
for a total of 52 minutes
15-25 minutes cool-down of easy running

Option #3: (Ellipti-Go Machine)

15 minutes warm-up of easy effort
15 * 1 minute on / off = a total of 30 minutes
- hard effort for 1 minute then easy effort for 1 minute; 10 hard minutes
15 minutes cool-down of easy effort

Option #4: (Elliptical Machine)

20 minutes warm-up of easy effort
On/ Off efforts
-1,2,3,4,5,4,3,2,1,1,1,1,1,1 minute hard effort with 1 minute easy effort in
between each making for a total of 52 minutes
20 minutes cool-down of easy effort

Option #5: (Biking)

25 minutes warm-up at easy effort
10 * 5 minute hard intervals w/ 1minute easy riding rest in between each
- This segment equals 55 minutes of biking with 50 minutes being hard.
20 minutes easy cool-down

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