**Skyline XC Workouts 2021**

**Monday March 1st: Beaver Lake Park**: **4 pm** Team Talk Zoom **Lactate Threshold Tempo Run**

Warm Up….Dynamic Stretches : Oregon Drill 5 Miin

Group 1: Aerobic Run 30 min Can walk jog!

Group 2 : 10 minute warm up 7 minute tempo 45 sec recovery, 8 min tempo … 10 minute aerobic run

Group 3 10 min warm up….. 10 min Tempo 45 sec recovery 10 minute tempo…. 5 min cool down

3 x 100 3 x 150 speed work

Core

**Tuesday March 2nd Beaver Lake Park 4 pm Aerobic Training**

Warm Up …Dynamics

Group 1 25 min Group 2 45 min Group 3 1 hr

6 Hill Sprints

Core

**Wednesday March 3rd 3:30 @ Skyline HS** **Aerobic Training + Sprints**

**Uniforms at 3:30!**

Warm up run ½ mile: Then 30 meter Flys every 4 minutes x 6 for Group 1, 8 x For Group 2, 10 x Group 3

Core

 **Thursday March 4th 4 pm Beaver Lake Park**

Warm Up: Dynamics

G1 2 x 1600 easy pace! G 2 2-3 x 1600 G 3 3 x 1600

1 mile cool down

Core

**Friday March 5th 4 pm @ Beaver Lake Park**

Warm up run

Dynamics Aerobic Run Group 1 25 min Group 2 30 min Group 3 45 min

Oregon Drills 6 min

**Saturday March 6th Race at Liberty HS**

**Week 2**

**Monday March 8th 4 pm Beaver Lake Park**

Warm up/Dynamics

G1 3 x 1000 meters G2 4 x 1000 meters G 3 5 x 1000 meter

Cool down 1 mile

45 second break in between

**Tuesday March 9th Aerobic Run**

Warm Up/ Dynamics

G 1 25 min G2 45 min G 3 50 -60 min

Grass Sprints 3 x 30 3 x 60

Core

**Wednesday March 10th Home meet @ Klahanie Park**

**Thursday March 11th Beaver Lake Park** **Aerobic Run**

Warm up:

Oregon Drills 6 min

G1 30 min G 2 45 min G 3 1 hr

Core

**Friday March 12th**  **Speed Endurance** Warm Up/Dynamics

400 meters on XC course x 10 G3 71 sec on G2 8 x 400 80 sec on G1 6 x 400 90 sec on

**Week 3**

**Monday March 15th**

Warm Up/Dynamics

G 1 4 x 800 g 2 6 x 800 G 3 7 x 800

8 min Oregon Drill

Oregon Drills 7 min

**Tuesday March 16th**

Warm Up: Dynnamics

Oregon Drills 7 min

G1 35 min G2 50 min G3 1hr

Core

**Wednesday March 17th Beaver Lake Park V02 Max Intervals**

Warm Up… Dynamics

Oregon Drill 8 min

2 x 1 mile 3 x 1 mile 4 x 1 mile

2 mile cool down

Core

**Thursday March 18th Beaver Lake Park**

Warm Ups

G1 35 min G 2 50 min G3 1 hr

Hill Sprints x 8

Core

**Friday March 19 Beaver Lake Park.**

**Easy Run! All runners 30 min!**

**Saturday March 20th Meet @ Klahanie Park 11 am vs Hazen**

**Monday March 22 Beaver Lake Park Strength Run Hills**

Warm Up /Dynmamics

Hills G1 25 Min G2 35 Min G3 45 Min

Core

**Tuesday March 23rd**  **Beaver Lake Park Aerobic Run**

G 1 35 min G 2 45 min G 3 55 min

Warm up

Oregon Driils

**Wednesday March 24th Beaver Lake Park Tempo Run Lactate Threshold**

Warm Ups /Dynamics

G1 3 x 1000 45 sec break in between G2 4-5 x 1000 G 3 6 x 1000

1 mile cool down

**Thursday March 25th Beaver Lake Park Aerobic Run**

Warm Ups Dynamics:

Oregon Drills 6 min

G1 45 min g 2 55 min g3 1hr 5 min

Core

**Friday March 26th Beaver Lake Park Speed Endurance**

Warm Up

10 x 400 8 x 400 6 x 100

2 x 200 2 x 100

**Monday March 29th Beaver Lake Park**

Warm Up

4 x 300 4 x 200 4 x 100 Hills

2 mile cool down

**Tuesday March 30 Beaver Lake Park**

All Groups 7 Min Oregon Drills

30 minute aerobic run

**Wednesday March 31st**

Warm Up

1 Mile TT

2 mile cool down

**Thursday April 1st Beaver Lake Park Aerobic Run**

All groups 30 minute aerobic run.

**Friday April 2nd Home Meet vs Issaquah @ Klahanie Park**