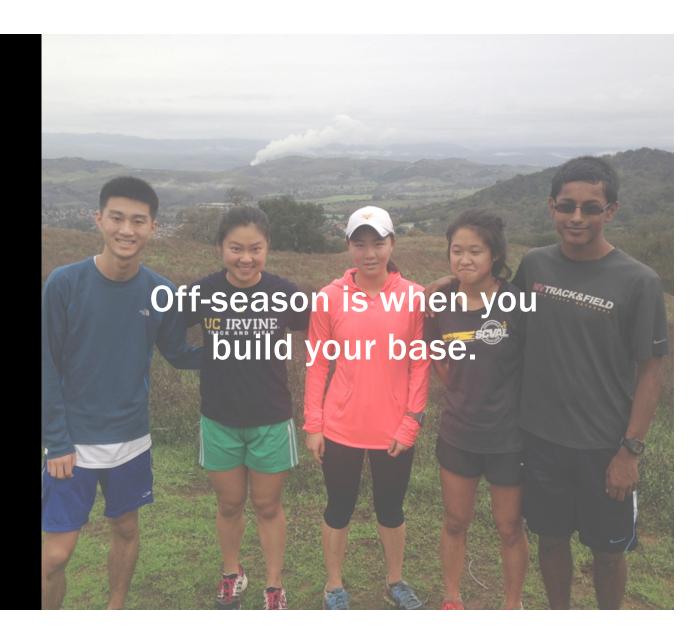


**INCREASE YOUR AVERAGE** WEEKLY MILEAGE 5-10% VS XC



#### **VARIETY!**

Change up your runs and your weeks; different lengths, different terrain, different paces will encourage your body to adapt.

Go run a run you never ran before!

### INCORPORATE A LONG RUN THAT IS 20-30% OF YOUR WEEKLY GOAL



### MOST MILES AT A CONVERSATIONAL, EASY PACE

Precision

**VS** 

**Accuracy** 

and pace targets



# ADD A THRESHOLD RUN ONCE PER WEEK

Lactic threshold is a significant predictor of race times.

Building up the time you can run threshold pace will help so much!

Don't have to start week one...after finals would be fine.

## LOTS AND LOTS OF CORE!





You have a worksheet; fill it out and I'll review it.

Adding some hill repeats the last 3 or 4 weeks is not a bad idea.

Coordinate with your training partners!

This is yours...have fun...be creative...build a plan you want to follow!

### WRITE DOWN YOUR PLAN



You can adapt the plan as you go

It is valuable to check off your accomplishments

Give yourself small wins along the way