



MVXC → MVTF
WINTER
TRAINING

Plan your own adventure!

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



Off-season is when you
build your base.

VARIETY!

A group of runners is captured in motion on a dirt trail through a forest. The runners are wearing athletic gear, including t-shirts and shorts. The background is filled with trees and foliage, creating a natural setting for the run.

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

Long runs spur endurance adaptations.



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!**



**Prevent injury!
And get a
smoking bod
like Coach**

ODDS AND ENDS

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