

Denver East XC Summer Conditioning Schedule

Key: all runs are listed in minutes run: MR = maintenance run FK = Fartlek run; T = Tempo running. See Summer Conditioning Guide for instructions on Fartlek and Tempo running.

Practices during summer are from the E at East High School at 8am on Monday, Wednesday, Thursdays. On Fridays we leave East at 8am for a trail run, returning around 11am. 1 = new runners; 2 = returning runners;

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 2 1.5 hours/week 3.5 hours/week	3 1) 25 - 30 MR 2) 35 - 50 MR	4	5 1) 30 - 35 MR 2) 35 - 55, 15 minutes at tempo	6 1) 25 - 30 MR 2) 35 - 50 MR	7 2) 55 - 70 MR	8
9 1.5 hours/week 3.5 hours/week	10 1) 25 - 30 MR 2) 35 - 50 MR	11	12 1) 30 - 35 MR 2) 35 - 55 with 3 x 5 min surges	13 1) 25 - 30 MR 2) 35 - 50 MR	14 2) 55 - 70 MR	15
16 2 hours/week 4.5 hours/week	17 1) 20 - 25 MR 2) 30 - 50 MR	18 High altitude training camp	19 High altitude training camp	20 High altitude training camp	21 1) 35 - 45 MR 2) 55 - 80 MR	22 2) 35 - 55 easy
23 2 hours/week 4.5 hours/week	24 1) 20 - 25 MR 2) 30 - 50 MR	25	26 1) 30 - 35FK 2) 40 - 55FK 4 x 4 minute surges	27 1) 20 - 25 MR 2) 35 - 50 MR	28 1) 35 - 45 MR 2) 55 - 80 MR	29 2) 45 - 55 easy
30 2.5 hours/week 6 hours/week	July 1 1) 30 - 40 MR 2) 45 - 60 MR	2 1) 35 - 45 T 2) 45 - 60 T 20 min tempo	3 2) 30 - 40 MR	4 1) 25 - 30 MR 2) 50 - 60 MR	5 1) 45 - 60 MR 2) 70 - 90 MR	6 2) 40 - 50 easy

Sun
July 7
2.5 hours/week
6 hours/week

Mon
8
1) 30 - 40 MR
2) 45 - 60
progression run

Tue
9
2) 30 - 40 MR

Wed
10
1) 35 - 45 FK
2) 45 - 60 FK
3 x 6min surges

Thu
11
1) 25 - 30 MR
2) 50 - 60 MR

Fri
12
1) 45 - 60 MR
2) 70 - 90 MR

Sat
13
2) 40 - 50 easy

14
3 hours/week
7 hours/week

15
1) 35 - 45 MR
2) 55 - 70 MR

16
2) 40 - 55 MR

17
1) 40 - 50 T
2) 60 - 75 T
25min tempo

18
1) 30 - 40 MR
2) 45 - 55 MR

19
1) 55 - 65 MR
2) 85 - 95 MR

20
2) 50 - 65 easy

21
3 hours/week
7 hour/week

22
1) 35 - 45 FK
2) 55 - 70 FK
6,5,4,3,2,1 min surges

23
2) 40 - 55MR

24
1) 40 - 50 T
2) 60 - 75 T
progression run

25
1) 30 - 40 MR
2) 45 - 55 MR

26
1) 55 - 65 MR
2) 85 - 95 MR

27
2) 50 - 60 easy

28
3.5 hours/week
7 hours/week

29
1) 35 - 50 MR
2) 55 - 70 MR

30
2) 40 - 55MR

31
1) 40 - 55 T
2) 60 - 75 T
3 x 10min at T

August 1
1) 35 - 45 easy
2) 45 - 55 MR

2
1) 55 - 75 MR
2) 85 - 95 MR

3
2) 50 - 60 easy

4
3.5 hours/week
7 hours/week

5
1) 35 - 45 FK
2) 55 - 70 FK
8 x 3 min surges

6
2) 40 - 55 MR

7
2) 40 - 55 T
3) 60 - 75 T
Progression run

8
1) 30 - 45 MR
2) 45 - 55 MR

9
1) 55 - 75 MR
2) 85 - 95 MR

10
2) 50 - 60 easy

