

DPXC 2023 – Season Plan Outline
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May/June – Aerobic Base

Run 5-6 days per week, with off-days or cross training 1-2 days per week: swim, bike, surf.
Conversational pace all runs. We Don't want runners to get over-trained by mid-season.
Once each week: Long run + 4 strides. Long run is 20=25% of weeks' total mileage or time run.
On two other days: 6 strides, either mid-run, or after the run.
Core strength exercises for 10 minutes each day.

For those who have finished a track or cross country season, build up miles (or time run) over 3 weeks to the level of the highest mileage of the previous track (or cross country) season. If you were doing 40 miles per week during high mileage weeks of the just-ended track season, then take 3 weeks to get up to 40 miles per week again.
Do 40% the 1st week. 70% the 2nd week. 90% the 3rd week.
It's encouraged that runners alternate longer days and shorter days.

July/August – Aerobic Strength & Basic Speed and athleticism (General Prep phase) and Summer Training Camp option in Big Bear (sometime between July 19 and 29, 2023)

Monday: 9am at DP for Drills + Fly 30s, Hill reps, strides, easy run, core strength, hip mobility over hurdles

Tuesday: 9am at Shoreline Park for Run with tempo (0.5M--4M or 5:00--20:00), or tempo repeats (1-4x1M tempo/RI=1:00-2:00)

Wednesday: AM - Recovery run on your own at an easy pace. 10 minutes of core. *At 6pm at Leadbetter Beach / Shoreline Park, race in the weekly 5k Nite Moves series.

Thursday: 9am at Ellwood Bluffs for Long hills (0:30-2:00)

Friday: Recovery run on your own at an easy pace. 10 minutes of core.

Saturday: On your own. Long run + strides; eventually progressing to long run with short tempo + strides

Sunday: Off for Alternate Activity: swim, bike, surf, hike, etc!

*If you race on a Wednesday (Nite Moves):

Monday, add hill circuits to the workout.

Tuesday is an easy run after warm-up, drills, strides.

Thursday is an easy recovery day.

September – Aerobic strength, basic speed, race experience (Specific Prep Phase)

Cross country meets most weeks, but they are on different days of the week.

Workouts to be included most weeks: 1. Tempo (or split tempos) on DPXC course + strides

2. Drills & strides, plus hip mobility

3. Race

(If there is no race that week: race-pace fartlek + sprints)

Workouts to include at least every 2 weeks:

1. Long run + strides (up Farren Rd)

2. Fly 30s and short hills (on DPXC course)

Late September to late October – aerobic power, race experience

(Transition/Pre-Comp) Hard race-pace workouts + race most weeks

Workouts to include every week: 1. race-pace intervals/fartlek + 150s/200s 2. Race

(If no race: Mixed-pace workout + 150s/200s)

Workouts to include at least every 2 weeks 1. Long run + strides

2. Drills, fly 30s & short hills

3. Hip mobility

November – peak competition

Every week: 1. Race

2. Tempo reps + 150s/200s

3. Drills + strides