



COACH RICK BAKER  
HOPI HIGH SCHOOL

XC WORKOUTS THAT WORK.



# DISCIPLINE-

Doing what needs to  
be done, when it  
needs to be done, even  
when you don't feel  
like it.

Brad Prince, Rockford High School



# SEASON WORKOUT PLAN (Progression)

Fartlek sessions:

- a. 60-60's
- b. 30-30's
- c. York 200's
- d. Wolf Pack
- e. 4x90/60/30/15



# Workout plan continued...

- NAU
- Repeat Miles
- DV
- Tempo – 4
- 4 Minute + hill
- Olympic Hill
- Cruise Intervals (2x2 mile)
- KC Hills – Gap Run – Grovers Pass – Badger Butte.





# Core/Quickness Workouts

- Medicine Ball
- Hurdle Drills
- Ladder Drills
- Trap Bar
- Tech Drills
- Auxiliary Workouts





# MONTHLY TRAINING PLAN

Date Oct-2015 Athlete XC-Champs Event BAKER

Monday 28	5x 4-mins @ 300/200/100x2
Tuesday 29	Eileens Crack @ AM @ HHS
Wednesday 30	Fartlek: 30-30S (MTL - 4mi).
Thursday 1	XCC @ 4x long/short
Friday 2	Twilight Invite - Casa Grande
Saturday 3	5-miler → Casa Grande
Sunday 4	8-miler OYO
Monday 5	Budgen Butte
Tuesday 6	4x mile @ 4x 200 AM @ HHS on Hills *
Wednesday 7	Outside Conse + Rock house @ Strabus
Thursday 8	Fartlek: Determination Run x2 (4x mile) *
Friday 9	Cactus Rd Park @ 4x long/short (Travel)
Saturday 10	T-bind - Phx
Sunday 11	8-miler OYO
Monday 12	Groves Pass
Tuesday 13	"NAU" 4x4/T-2/4x4 300-500+0/1-2/300-300 -300
Wednesday 14	LTL @ XCC → PE loop @ AM @ HHS
Thursday 15	5x 1000 @ 6x 165
Friday 16	AM @ HHS → Sugar Shack loop (5mi.)
Saturday 17	AM @ Secakukus (long Conase) 9:00 a.m.
Sunday 18	8-9 miler OYO
Monday 19	800x6 @ AM @ HHS
Tuesday 20	Powerline @
Wednesday 21	Fartlek: 60-45-30-15 (Same Recovery)
Thursday 22	AM → HHS →
Friday 23	Holbrook Invite
Saturday 24	Varsity AM Practice @ Secakukus Long Conase
Sunday 25	8-miler OYO



Monthly Planner *Baker*

November - 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6-miler @ home (No longer) Listen!!	2 6-miler Middle Twelving ⊕ 300/200/100 x 2	3 "NAU" 4x400 T-I 4x400	4 5-miler Inside fence ⊕ 5x lappers Ice Bath	5 Fartlek 60-60 / 30-30 on xcc Short mtg	6 T-bird Park 2-miles + 4x long 4x short	7 State meet #26 !!
* Don't over coach!!						
* Their Ready!!						
* The Haze In The Barn!!						
* Everything Positive!!						

“CHAMPIONSHIP STANDARDS = CHAMPIONSHIP RESULTS”

Chris Quick – Palatine High School



- **2016 AZ State Championship Team # 26**

