



1. Warm-up

2. HIIT - A period of high-intensity running (Sprint 96+% of max), and a period of low-intensity running (jog 40-50% of max).

### **XC Season Build Up**

Week 1 - 15 seconds Up, 15 seconds Off - 1:30 duration

Week 2 - 15 seconds Up, 15 seconds Off - 1:30 duration

Week 3 - 15 seconds Up, 15 seconds Off - 1:30 duration

Week 4 - 20 seconds Up, 10 seconds Off - 1:30 duration

Week 5 - 20 seconds Up, 10 seconds Off - 1:30 duration

Week 6 - 15 seconds Up, 15 seconds Off – 2:00 duration

Week 7 - 15 seconds Up, 15 seconds Off - 2:00 duration

Week 8 - 20 seconds Up, 10 seconds Off - 2:00 duration

Week 9 - 20 seconds Up, 10 seconds Off - 2:00 duration

Week 10 - 15 seconds Up, 15 seconds Off - 2:30 duration

Week 11 - 15 seconds Up, 15 seconds Off - 2:30 duration

Week 12 - 20 seconds Up, 10 seconds Off - 2:30 duration

Week 13 - 20 seconds Up, 10 seconds Off - 2:30 duration

Week 14 - 15 seconds Up, 15 seconds Off – 3:00 duration

Week 15 - 15 seconds Up, 15 seconds Off – 3:00 duration

Week 16 - 20 seconds Up, 10 seconds Off - 3:00 duration

Week 17 - 20 seconds Up, 10 seconds Off - 3:00 duration

Week 18 - 15 seconds Up, 15 seconds Off - 3:30 duration

Week 19 - 15 seconds Up, 15 seconds Off - 3:30 duration

Week 20 - 20 seconds Up, 10 seconds Off - 3:30 duration

Week 21 - 20 seconds Up, 10 seconds Off - 3:30 duration

HIITs should always focus on running the ups hard and the offs easy. Make sure to increase duration and intensity throughout the season using the chart above.