

MCHS 2026 [Late] Summer 6 week Ramp Plans (July 9, 2026) Summer Running Goals: Build up stamina, "easy miles", "train don't strain", or get aerobically strong! Key workouts: Mon: Richardson Hill, Wed: Marathon Miles (Mmiles), Sat: Over Distance Runs (OD) 6 wks Summer Training starts Mon, 7/13/26! Goal is controlled ramp of Mi/week up to first two weeks of XC practice. -Need inputs while on vacation, or introducing doubles/X-training activities? Text Coach Greg Fogg (707) 291-2967								
Training Group	Week #1	Week #2	Week #3	Week #4	Week #5	Week #6		
Group #1 (New/Developing Runner)								
Goal: Ramp 17 - 26/wk	17	18.5	21	22	25	26		
Week % Change	-	109%	114%	105%	114%	104%		
Group #2 (A) Solid JV Boys / (B) Varsity Girls/Developing Varsity Boys								
2A) Goal: Ramp 22 - 33/week	22	24	28	28	32.5	33		
Week % Change		109%	117%	100%	116%	102%		
2B) Goal: Ramp 30 - 40/week	30	31	34	35	38.5	40		
Week % Change		103%	110%	103%	110%	104%		
Group #3 (Experienced Varsity Boys)								
3A) Goal: Ramp 30 - 40/week	30	34	34	37	39	40		
Week % Change		113%	100%	109%	105%	103%		
3B) Goal: Ramp 35 - 50/week	40	44	45	47	49	50		
Week % Change		110%	102%	104%	104%	102%		

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Summer Running Goals: Build up stamina, "easy miles", "train don't strain", or get aerobically strong!

Key workouts: **Mon:** Richardson Hill, **Wed:** Marathon Miles (MMiles), **Sat:** Over Distance Runs (OD)

Week #	Training Level	Mon (Rich Hill)	Tue (EZ+Weights)	Wed (MMiles)	Thu (EZ+Weights)	Fri (EZ OYO)	Sat (OD Run)	Total Miles
Wk #1: July 13	1	4.5	0 Day or	3.5	4	0 Day or	5	17
		.75 Mi	Active Rest	2 x MMiles	EZ	Active Rest	EZ (45 min)	
	2 (A)	6	4	5	0 Day or	0 Day or	7	22
		1.5 Mi	EZ	3 x MMiles	Active Rest	Active Rest	EZ (60 min)	
	2 (B)	7	4.5	6	4.5	0 Day or	8	30
		2.0 Mi	EZ	4 x MMiles	EZ	Active Rest	EZ (65 min)	
	3 (A)	7	5	5.5	5	0 Day or	7.5	30
		2.0 Mi	EZ	4 x MMiles	EZ	Active Rest	OD (55 min)	
3 (B)	8	7	5.5	5	6	8.5	40	
	2.5 Mi	EZ AM/PM	4 x MMiles	EZ	EZ	OD (65 min)		
Wk #2: July 20	1	5	0 Day or	4	4	0 Day or	5.5	18.5
		1 Mi	Active Rest	2 x MMiles	EZ	Active Rest	EZ (50 min)	
	2 (A)	6	3	5	3	0 Day or	7	24
		1.5 Mi	EZ	3 x MMiles	EZ	Active Rest	EZ (60 min)	
	2 (B)	7	5	6	5	0 Day or	8	31
		2.0 Mi	EZ	4 x MMiles	EZ	Active Rest	EZ (65 min)	
	3 (A)	7	4	6	4	5	8	34
		2.0 Mi	EZ	2+2xMMiles	EZ	EZ	OD (60 min)	
3 (B)	8	7	7	7	6	9	44	
	2.5 Mi	EZ AM/PM	2+3xMMiles	EZ AM/PM	EZ + HR	OD (70 min)		
Wk #3: July 27 (Point Reyes Camp)	1	4	0 Day or	4	7	0 Day or	6	21
		EZ	Active Rest	2 mi Tempo	OD	Active Rest	EZ (55 min)	
	2 (A)	5	3	5	8	0 Day or	7	28
		EZ	EZ	3 Mi Tempo	OD	Active Rest	EZ (60 min)	
	2 (B)	6	4	6	10	0 Day or	8	34
		EZ	EZ	3 Mi Tempo	OD	Active Rest	EZ (65 min)	
	3 (A)	6	5	6	10	0 Day or	7	34
		EZ	EZ	3.5Mi Tempo	OD	Active Rest	EZ (60 min)	
3 (B)	7	5	7	12	6	8	45	
	EZ	EZ	4 Mi Tempo	OD	EZ + HR	EZ (65 min)		
Wk #4: Aug 3	1	6	0 Day or	4.5	4.5	0 Day or	7	22
		1.5 Mi	Active Rest	2.5 x MMiles	EZ	Active Rest	OD (65 min)	
	2 (A)	6	4	5	5	0 Day or	8	28
		1.5 Mi	EZ	3 x MMiles	EZ	Active Rest	OD (65 min)	
	2 (B)	7	4	6.5	4	5	8.5	35
		2.0 Mi	EZ	2+2xMMiles	EZ	EZ + HR	EZ (70 min)	
	3 (A)	7	5	7	5	4	9	37
		2.0 Mi	EZ	2+3xMMiles	EZ	EZ + HR	OD (70 min)	
3 (B)	8	8	7	8	6	10	47	
	2.5 Mi	EZ AM/PM	2x2MMiles	EZ AM/PM	EZ + HR	OD (80 min)		
Wk #5: Aug 10 (1st wk MCXC Practice)	1	6	4	5	0 Day or	3	7	25
		1.5 Mi	EZ	3 x MMiles	Active Rest	EZ	OD (65 min)	
	2 (A)	7	4	5.5	5	3	8	32.5
		2.0 Mi	EZ	4 x MMiles	EZ	EZ	OD (70 min)	
	2 (B)	8	7	6.5	4	4	9	38.5
		2.5 Mi	EZ AM/PM	2+3xMMiles	EZ	EZ + HR	EZ (70 min)	
	3 (A)	8	7	7	4	4	9	39
		2.5 Mi	EZ AM/PM	2+3xMMiles	EZ	EZ + HR	OD (70 min)	
3 (B)	9	8	7	8	6	11	49	
	3.0 Mi	EZ AM/PM	2x2MMiles	EZ AM/PM	EZ + HR	OD (85 min)		
Wk #6: Aug 17	1	6	4	5	4	0 Day or	7	26
		1.5 Mi	EZ	3 x MMiles	EZ	Active Rest	OD (65 min)	
	2 (A)	7	4	5.5	4	3.5	9	33
		2.0 Mi	EZ	2+2MMiles	EZ	EZ	OD (80 min)	
	2 (B)	8	7	6	5	4	10	40
		2.5 Mi	EZ AM/PM	2x2MMiles	EZ	EZ + HR	OD (80 min)	
	3 (A)	8	7	6	4	5	10	40
		2.5 Mi	EZ AM/PM	2x2MMiles	EZ	EZ + HR	OD (75 min)	
3 (B)	9	8	8	8	5	12	50	
	3.0 Mi	EZ AM/PM	5-6 x MMiles	EZ AM/PM	EZ + HR	OD (95 min)		

The Remaining 11 weeks (JV) - 14 weeks (Varsity top 10) of the MC XC Season TBD in a separate document