

XC - Threshold Session 2

Intent: *Threshold (long duration)*

Workout: Repetition based session Bounding/Rollerskiing/Running

Session Aims

- Increase work load at threshold intensity [Improve recovery above and below threshold]
- Technique work at 30 – 50k race pace

Weekly Outcomes

- If possible, the series should be completed at least once per week and the modality kept consistent.
- If possible, the series should be progressed every 2-3 weeks.
- If you find the session hard to keep split it into 2 sets broken by 10 mins rest

Session Outline:

PROGRESSION 1	SETS & REPS	RECOVERY BETWEEN SETS & REPS	SUMMARY
<u>Warm-up (22 min)</u> 10 mins of light (HR < level 1) activity, 5 mins at level 2, 2 min at threshold, 5 min at level 1, plus warm-up stretches	4 X 5 min (HR = 10 bpm above LT) [4 – 6 mmol. La]	<u>Recovery Between Sets:</u> Easy recovery to A1, then 5 min at level 1 (La < 3 mmol) *Make sure T to A1 is not increasing w/ each rep.	= 4 X 5 min: T < A1 5 min level 1: + cool down 10 – 15 min level 1 TOTAL VOLUME ~ 80 MINS TOTAL LOAD ~ 265
PROGRESSION 2			
<u>Warm-up:</u> Repeat AS ABOVE	2 X 3 X 5 min (HR = 10 bpm above LT) [4 – 6 mmol. La]	<u>Recovery Between Sets:</u> Easy recovery to A1, then 5 min at level 1 (La < 3 mmol) <u>Recovery Between Reps:</u> 10 min level 1	= [3 X 5 min: T < A1 5 min level 1] by 2: + cool down 10 – 15 min level 1 TOTAL VOLUME ~ 115 MINS TOTAL LOAD ~ 371
PROGRESSION 3			
<u>Warm-up:</u> Repeat AS ABOVE	5 X 5 min (HR = 10 bpm above LT) [4 – 6 mmol. La]	<u>Recovery Between Sets:</u> Easy recovery to A1, then 4 min at level 1 (La < 3 mmol)	= [5 X 5 min: T < A1 4 min level 1] by 2: + cool down 10 – 15 min level 1 TOTAL VOLUME ~ 87 MINS TOTAL LOAD ~ 298
PROGRESSION 4			
<u>Warm-up:</u> Repeat AS ABOVE	5 X 6 min (HR = 10 bpm above LT) [4 – 6 mmol. La]	<u>Recovery Between Sets:</u> Easy recovery to A1, then 4 min at level 1 (La < 3 mmol) <u>Recovery Between Reps:</u> 10 min level 1	= 5 X 6 min: T < A1 4 min level 1: + cool down 10 – 15 min level 1 TOTAL VOLUME ~ 92 MINS TOTAL LOAD ~ 323
PROGRESSION 5			
<u>Warm-up:</u> Repeat AS ABOVE	2 X 3 X 6 min (HR = 10 bpm above LT) [4 – 6 mmol. La]	<u>Recovery Between Sets:</u> Easy recovery to A1, then 4 min at level 1 (La < 3 mmol) <u>Recovery Between Reps:</u> 10 min level 1	= [3 X 6 min: T < A1 4 min level 1] by 2: + cool down 10 – 15 min level 1 TOTAL VOLUME ~ 114 MINS TOTAL LOAD ~ 387
PROGRESSION 5			
<u>Warm-up:</u> Repeat AS ABOVE	4 X 6 min (HR = 10 bpm above LT) [4 – 6 mmol. La]	<u>Recovery Between Sets:</u> Easy recovery to A1, then 3 min at level 1 (La < 3 mmol)	= 4 X 6 min: T < A1 3 min level 1: + cool down 10 – 15 min level 1 TOTAL VOLUME ~ 76 MINS TOTAL LOAD ~ 253

NOTES

- ❖ The key to this session is the quality of each repetition. There should be no reduction in distance covered, work rate etc. If you cannot keep the same work output for each rep, then reduce the intensity.
- ❖ Progress to the next level only when your HR drops below level 1 in less than 3 mins at the end of this session.
- ❖ Altitude will increase the time needed for recovery.

