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| **Freshman/1st year runners** (Skip the following 4 weeks if you can currently jog for 15 minutes fairly easily without a break.)Additional exercises can be included throughout the week. We will be working out at the school on Tuesdays and Thursdays. Those workouts will not interfere with these.  |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1**Miles: 3-4 | Walk briskly for 15 minutes | Rest | Walk briskly for 20 minutes | Rest | Walk/Jog for 18 minutes:Walk 2 min,Jog easy for 1 min,Repeat… | Rest | Rest |
| **Week 2**Miles: 4-5 | Walk/Jog for 20 minutes: Walk 2 min, Jog 2 min, Repeat… | Rest | Walk 2 min, Jog easy 2 min. Walk 2 min, Jog easy 5 minutesWalk 2 min, Jog easy 2 min | Rest | Walk/Jog for 20 minutes:Walk 2 min, Jog easy 3 min, Repeat… | Rest | Rest |
| **Week 3**Miles: 5-6 | Walk/Jog for 21 minutes;Walk 1 min, Jog 2 min, Repeat… | Rest | Walk 5 min, Jog easy 10 min, Walk 5 min | Rest | Walk/Jog for 24 minutes:Walk 2 min, Jog easy 4 min, Repeat… | Rest | Rest |
| **Week 4**Miles: 6-7 | Walk/Jog for 24 minutes:Walk 1 min, Jog easy 3 min, Repeat | Rest | Walk 5 min, Jog easy 15 min, Walk 5 min | Rest | Walk/Jog for 24 minutes: Walk 1 min, Jog easy 5 min, Repeat… | Rest | Rest |

After completing this phase, move on to the next.

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| **Sophomores/2nd Year****This is also for those that haven’t done anything since cross country last year.** (Skip the following 5 weeks if you currently run more than 10 miles per week average.)You’ll need to start tracking your distance and make sure to warmup and cool down around your workouts. Additional exercises can be included throughout the week. We will be working out at the school on Tuesdays and Thursdays. Those workouts will not interfere with these.  |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1**Miles: 7 | WarmupRun 1.5 miles moderate pace (take a short walk break midway if needed) Cooldown  | Rest | WarmupRun 1.5 miles moderate pace (take a short walk break midway if needed) Cooldown | Rest | WarmupRun 1.5 miles moderate pace (take a short walk break midway if needed) Cooldown | Rest | Rest |
| **Week 2**Miles: 8 | WarmupRun 1.5 miles easy/moderate pace (include 3, 30 second accelerations) Cooldown | Rest | Warmup Jog 3 miles easyCooldown | Rest | WarmupRun 1.5 miles easy/moderate pace (include a half mile moderate/hard) Cooldown | Rest | Rest |
| **Week 3**Miles: 10 | Warmup Run 2 miles easy/moderate, include 4, 45 sec accelerationsCooldown | Rest | WarmupJog 4 miles easy pace (short walk break midway if needed)Cooldown | Rest | WarmupRun 2 miles easy/moderate, include 1 mile moderate/hardCooldown | Rest | Rest |
| **Week 4**Miles: 11.5 | Warmup Run 2 miles easy/moderate, include 4, 45 sec accelerationsCooldown | Rest | WarmupJog 4 miles easy Cooldown  | Rest | WarmupRun 2 miles easy/moderate, include 1 mile moderate/hardCooldown | Jog easy 15 minutes | Rest |
| **Week 5** (Recovery)Miles: 7 | WarmupRun 1 mile easy/moderate, include 4, 30 accelerationsCooldown | Rest | WarmupJog 3 miles easy Cooldown | Rest | WarmupRun 1 mile easy/moderate, include a half mile moderate/hardCooldown | Rest | Rest |

After completing this phase, move on to the next.

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| **Juniors & Seniors/3rd and 4th Year****Note – If you’re having a particularly hard time meeting the speedwork or tempo times, continue through the next recovery week trying your best, and then repeat that 4-week block. Pushing too hard trying to meet times can be more harmful than helpful. For most of the speed work, your effort level should cap at about 90%**We will be working out at the school on Tuesdays and Thursdays. Those workouts will not interfere with these.  |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1**Miles: 13 | Warmup1 mile easy2 miles easy/moderate, include 7, 60 sec accelerationsHalf mile easyCooldown | WarmupJog easy 15 minCooldown | Rest | Warmup5 miles easy, walk up to half mile if neededCooldown | Rest | Warmup1 mile easy2 miles around 7:30 paceHalf mile easyCooldown | Rest |

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |

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| **Week 2**Miles: 15 | Warmup1 mile easy6x400 @ 1:38400m easy recoveryHalf mile easyCooldown | Warmup Jog easy 15 minCooldown | Rest | Warmup6 miles easyCooldown | Rest | Warmup1 mile easy2 miles around 7:00 paceHalf mile easyCooldown | Rest |
| **Week 3**Miles: 16.5 | Warmup1 mile easy3x800 @ 3:23400m easy recoveryHalf mile easyCooldown | Warmup Jog easy 20 minCooldown | Rest | Warmup6 miles easyCooldown | Rest | Warmup1 mile easy3 miles easy/moderate, include 2 miles are 7:15 paceHalf mile easyCooldown | Rest |
| **Week 4**(Recovery)Miles: 11 | Warmup1 mile easy1.5 miles fartlekHalf mile easyCooldown | Rest | Warmup5 miles easyCooldown | Rest | Warmup1 mile easy1.5 miles easy/moderate; include 1 mile around 7:00 pace(.25 mile, mile at 7:00, .25 mile)Half mile easyCooldown | Rest | Rest |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |

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| **Week 5** Miles: 18.5 | Warmup 1 mile easyHalf mile easy with 2, 30 sec accelerationsPyramid:200m @ :44400m @ 1:34800m @ 3:18Then back downRecovery: easy pace of same except 400m after the 800sHalf mile easyCooldown | WarmupJog easy 20 minCooldown | Rest | Warmup7 miles easyCooldown | Rest | Warmup1 mile easy3 miles around 7:15 paceHalf mile easyCooldown | Rest |
| **Week 6**Miles: 20.5 | Warmup1 mile easyHalf mile easy with 2, 30 sec accelerations8x400 @ 1:34 400m easy recovery Half mile easyCooldown | WarmupJog easy 20 minCooldown | Rest | Warmup 7 miles easy/moderateCooldown | Rest | Warmup1 mile easy4 miles easy/moderate, with 2 separate miles around 6:55 paceHalf mile easyCooldown | Rest |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 7**Miles: 21 | Warmup1 mile easyHalf mile easy with 2, 30 sec accelerationsPyramid: | WarmupJog easy 25 minCooldown | Rest | Warmup 8miles easy/moderateCooldown | Rest | Warmup1 mile easy4 miles around 7:15 paceHalf mile easyCooldown | Rest |
| **Week 8**(Recovery)Miles: 14 | Warmup 1 mile easy2.5 miles fartlek | Rest | Warmup 6 miles easy moderateCooldown | Rest | Warmup 1 mile easy 2.5 miles easy/moderate, with 1 mile around 6:45 paceHalf mile easyCooldown | Rest | Rest |
| **Week 9**Miles: 23 | Warmup 1 mile easy5x800 @ 3:10 400m easy recovery | WarmupJog easy 25 minCooldown | Rest | Warmup9 miles easy/moderateCooldown | Rest | Warmup1 mile easy5 miles easy/moderate, with 3 miles under 7:00 pace | Rest |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 10**Miles: 25 | Warmup 1 mile easyHalf mile easy, with 2, 30 sec accelerationsPyramid:200m @ :44400m @ 1:34800m @ 3:18Then back downRecovery: easy pace of same except 400m after the 800sHalf mile easyCooldown | WarmupJog easy 20 minCooldown | Rest | Warmup10 miles easy/moderateCooldown | Rest | Warmup1 mile easy5 miles easy/moderate, with 2 separate 2 mile intervals around 6:50 paceHalf mile easyCooldown | Rest |
| **Week 11**Miles: 26 | Warmup 1 mile easy2x1600 @ 6:26Recovery: easy 8002x800 @ 3:08Recovery: easy 400 Half mile easyCooldown | WarmupJog easy 30 minCooldown | Rest | Warmup10 miles easy/moderateCooldown | Rest | Warmup1 mile easy5.5 miles easy/moderate, with 4 miles under 7:00 paceHalf mile easyCooldown | Rest |