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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 minutes  Walk 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 | Warmup  Run 1.5 miles moderate pace (take a short walk break midway if needed)  Cooldown | Rest | Warmup  Run 1.5 miles moderate pace (take a short walk break midway if needed)  Cooldown | Rest | Warmup  Run 1.5 miles moderate pace (take a short walk break midway if needed)  Cooldown | Rest | Rest |
| **Week 2**  Miles: 8 | Warmup  Run 1.5 miles easy/moderate pace (include 3, 30 second accelerations)  Cooldown | Rest | Warmup  Jog 3 miles easy  Cooldown | Rest | Warmup  Run 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 accelerations  Cooldown | Rest | Warmup  Jog 4 miles  easy pace  (short walk break midway if needed)  Cooldown | Rest | Warmup  Run 2 miles easy/moderate, include 1 mile moderate/hard  Cooldown | Rest | Rest |
| **Week 4**  Miles: 11.5 | Warmup  Run 2 miles easy/moderate, include 4, 45 sec accelerations  Cooldown | Rest | Warmup  Jog 4 miles easy  Cooldown | Rest | Warmup  Run 2 miles easy/moderate, include 1 mile moderate/hard  Cooldown | Jog easy 15 minutes | Rest |
| **Week 5**  (Recovery)  Miles: 7 | Warmup  Run 1 mile easy/moderate, include 4, 30 accelerations  Cooldown | Rest | Warmup  Jog 3 miles easy  Cooldown | Rest | Warmup  Run 1 mile easy/moderate, include a half mile moderate/hard  Cooldown | 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 | Warmup  1 mile easy  2 miles easy/moderate, include 7, 60 sec accelerations  Half mile easy  Cooldown | Warmup  Jog easy 15 min  Cooldown | Rest | Warmup  5 miles easy,  walk up to half mile if needed  Cooldown | Rest | Warmup  1 mile easy  2 miles around 7:30 pace  Half mile easy  Cooldown | Rest |

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| **Week 2**  Miles: 15 | Warmup  1 mile easy  6x400 @ 1:38  400m easy recovery  Half mile easy  Cooldown | Warmup  Jog easy 15 min  Cooldown | Rest | Warmup  6 miles easy  Cooldown | Rest | Warmup  1 mile easy  2 miles around 7:00 pace  Half mile easy  Cooldown | Rest |
| **Week 3**  Miles: 16.5 | Warmup  1 mile easy  3x800 @ 3:23  400m easy recovery  Half mile easy  Cooldown | Warmup  Jog easy 20 min  Cooldown | Rest | Warmup  6 miles easy  Cooldown | Rest | Warmup  1 mile easy  3 miles easy/moderate, include 2 miles are 7:15 pace  Half mile easy  Cooldown | Rest |
| **Week 4**  (Recovery)  Miles: 11 | Warmup  1 mile easy  1.5 miles fartlek  Half mile easy  Cooldown | Rest | Warmup  5 miles easy  Cooldown | Rest | Warmup  1 mile easy  1.5 miles easy/moderate; include 1 mile around 7:00 pace  (.25 mile, mile at 7:00, .25 mile)  Half mile easy  Cooldown | 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 easy  Half mile easy with 2, 30 sec accelerations  Pyramid:  200m @ :44  400m @ 1:34  800m @ 3:18  Then back down  Recovery: easy pace of same except 400m after the 800s  Half mile easy  Cooldown | Warmup  Jog easy 20 min  Cooldown | Rest | Warmup  7 miles easy  Cooldown | Rest | Warmup  1 mile easy  3 miles around 7:15 pace  Half mile easy  Cooldown | Rest |
| **Week 6**  Miles: 20.5 | Warmup  1 mile easy  Half mile easy with 2, 30 sec accelerations  8x400 @ 1:34  400m easy recovery  Half mile easy  Cooldown | Warmup  Jog easy 20 min  Cooldown | Rest | Warmup  7 miles easy/moderate  Cooldown | Rest | Warmup  1 mile easy  4 miles easy/moderate, with 2 separate miles around 6:55 pace  Half mile easy  Cooldown | Rest |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 7**  Miles: 21 | Warmup  1 mile easy  Half mile easy with 2, 30 sec accelerations  Pyramid: | Warmup  Jog easy 25 min  Cooldown | Rest | Warmup  8miles easy/moderate  Cooldown | Rest | Warmup  1 mile easy  4 miles around 7:15 pace  Half mile easy  Cooldown | Rest |
| **Week 8**  (Recovery)  Miles: 14 | Warmup  1 mile easy  2.5 miles fartlek | Rest | Warmup  6 miles easy moderate  Cooldown | Rest | Warmup  1 mile easy  2.5 miles easy/moderate, with 1 mile around 6:45 pace  Half mile easy  Cooldown | Rest | Rest |
| **Week 9**  Miles: 23 | Warmup  1 mile easy  5x800 @ 3:10  400m easy recovery | Warmup  Jog easy 25 min  Cooldown | Rest | Warmup  9 miles easy/moderate  Cooldown | Rest | Warmup  1 mile easy  5 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 easy  Half mile easy, with 2, 30 sec accelerations  Pyramid:  200m @ :44  400m @ 1:34  800m @ 3:18  Then back down  Recovery: easy pace of same except 400m after the 800s  Half mile easy  Cooldown | Warmup  Jog easy 20 min  Cooldown | Rest | Warmup  10 miles easy/moderate  Cooldown | Rest | Warmup  1 mile easy  5 miles easy/moderate, with 2 separate 2 mile intervals around 6:50 pace  Half mile easy  Cooldown | Rest |
| **Week 11**  Miles: 26 | Warmup  1 mile easy  2x1600 @ 6:26  Recovery:  easy 800  2x800 @ 3:08  Recovery:  easy 400  Half mile easy  Cooldown | Warmup  Jog easy 30 min  Cooldown | Rest | Warmup  10 miles easy/moderate  Cooldown | Rest | Warmup  1 mile easy  5.5 miles easy/moderate, with 4 miles under 7:00 pace  Half mile easy  Cooldown | Rest |