

## Base Cycle 6 Weeks

- Sunday January 14<sup>th</sup>: Long Run 3 miles
- Wed January 17<sup>th</sup>: 20 min change tempo run (Fartlek) 3 min easy (70%) 2 min hard(90%).
- Saturday January 20<sup>th</sup>: 4 x 400 Rest 2 min. (90% effort) 8 x short Hill (35 sec) Jog down.  
Ladder Drills / core
- Sunday January 21<sup>st</sup>: Long Run 3 miles
- Wed January 24<sup>th</sup>: ½ mile Warm up. 8 x 400 (85-90% effort) R1 min
- Saturday January 27<sup>th</sup>: 1 x ½ mile (90% effort) 3 x ¼ mile (90% effort) 2 min Rest. 4 x long hill (55s)  
Ladder Drills / core
- Sunday January 28<sup>th</sup>: Long Run 3 miles.
- Wed January 31<sup>st</sup>: 1 mile warm up.  
5min-4min-3min-2min-1min-1min-1min (93% effort) Rest 90 sec bw each.
- Saturday February 3<sup>rd</sup>: 2 x ½ mile. 1 x ¼ (90% effort) Rest 2 min. 7 x short hill (35s)  
Ladder Drills / Core
- Sunday February 4<sup>th</sup>: Long Run 4 miles.
- Wed February 7<sup>th</sup>: 25 min Change tempo run (Fartlek) 2 min easy (70%) 2 min hard (90%).
- Saturday February 10<sup>th</sup>: 6 x ¼ mile Rest 2 min.(93% effort) 6 x long Hill (55)  
Ladder Drills / core
- Sunday February 11<sup>th</sup>: Long Run 4 miles
- Wed February 14<sup>th</sup>: ½ mile warm up. 4 x ½ mile (90% effort) Rest 2 min. (same speed for each)
- Saturday February 17<sup>th</sup>: 4 x 400 Rest 1:30. (93% effort) 10 x short Hill (35s)  
Ladder drills/ core
- Sunday February 18<sup>th</sup>: Long Run 5 miles
- Wed February 21<sup>st</sup>: 1 mile warm up. 8 x 400 (90% effort) 1 min rest.

Saturday February 24<sup>th</sup>: 3 x ½ mile rest 3 min (90% effort). 3 x Long Hill (5) 3 x Short Hill(35s)

Ladder drills / core

## **Vo 2 Max Cycle 6 Weeks**

Sunday 25<sup>th</sup>: Long Run 5 miles

Wednesday 28<sup>th</sup>: ½ mile warm up. 4 x ½ mile (94% effort) Rest 2 min.

Friday march 9<sup>th</sup>: Easy 2 miles stretch.

Saturday March 10<sup>th</sup>: 1 mile warm up 10 x 400 Rest 1 min (A Group 70s, B Group 80s)

Ladder / Drills

Sunday March 4<sup>th</sup>: Long Run 4 miles

Wednesday March 7<sup>th</sup>: ½ mile warm up. 8 x 100 (95% effort) Rest 1 min bw.

Friday march 9<sup>th</sup>: Easy 2 miles. Stretch.

Saturday March 10<sup>th</sup>: 1 mile warm up. 4 x ½ mile rest 3 min (A group 2:45s, B Group 3:10s)

4 x short hill (35s)

Ladder, drills

Sunday March 11: Long Run 4 miles

Wednesday March 14<sup>th</sup>: 1 mile warm up

4min-3min-2min-2min-1min (95% effort) Rest 75 sec bw each.

Friday March 16: Easy 2 miles plus stretch.

Saturday March 17<sup>th</sup>: 1 mile warm up. 12 x 200 Rest 1 min. (A group 31s, B Group 35s)

Ladder / Drills

Sunday March 18<sup>th</sup>: Long Run 5 miles

Wednesday March 21<sup>st</sup>: 1 mile warm up. 4 x ½ mile rest 2 min (A group 2:50s, B Group 3:15s)

Friday March 23<sup>rd</sup>: Easy 2 miles plus strides.

Saturday March 24<sup>th</sup>: 1 mile Warm up. 1 x ½ mile . (A Group 2:35, B Group 2:50) Rest 6.  
3 x 400 Rest 3. (A Group 70s, B group 82s)  
Ladder / drills

Sunday March 25<sup>th</sup>: Long Run 4 miles

Wednesday March 28<sup>th</sup>: 1 mile warm up. 8-10 x 100 meter sprint. ( A group 13s, B Group 17s)

Friday March 30<sup>th</sup>: 2 miles easy plus strides.

Saturday March 31: 1 mile warm up. 8 x 400 Rest 1 min. (A group 74 B Group 85s)  
Ladder / Drills

Sunday April 1<sup>st</sup>: Long Run 3 miles

Tuesday April 3<sup>rd</sup>: 1 mile easy. 6 x 20 meter start.

Wednesday April 4<sup>th</sup>: 1 mile warm up. 1 x ½ mile. 1 x 400, 1 x 200. Rest 4/3  
(A Group 2:30,63,30)(B Group 2:50,69,33)

Saturday April 7<sup>th</sup>: 1 mile warm up. 8 x 200 Rest 2 min. (A Group 29s, B Group 32s)  
Ladder / Drills

## Speed Cycle 6 weeks

Sunday April 8<sup>th</sup>: Long Run 3 miles

Tuesday April 10<sup>th</sup>: 1 mile easy. 6 x 20 meter start.

Wednesday April 11th: 1 mile warm up . 6 x 200 Rest 2. (A group 27-28s. B Group 30-31)

Saturday April 14<sup>th</sup>: ½ mile warm up. 400/300/200 Rest 5/4 (A Group 54,44,27. B Group 60,47,29)

Monday April 16<sup>th</sup>: ½ mile warm up 4 x 40 yard, 3 x 30 yard, 5 x 20 yard start. (95% effort)

Wednesday April 18<sup>th</sup>: ½ mile warm up. 6 x 150 Roll into it. (95% effort)

Saturday April 21<sup>st</sup>: ½ mile warm up. 1 x 200/400/200. Rest 5/2. (A Group 26,54,26. B Group 30,62,30)

Ladder / Drills

Monday April 23<sup>rd</sup>: ½ mile warm up 2 x 40 yard, 2 x 30 yard, 8 x 20 yard start. (95% effort)

Wed April 25<sup>th</sup>: ½ mile warm up. 300/200/100 Rest 3/2 (A Group 41,27,13. Group B 46,30,14)

Saturday April 28<sup>th</sup>: ½ mile warm up. 10 x 100 (Relay) rest 1 min. (A group 12, B Group 15-16)

Ladder / Drills

Monday April 30<sup>th</sup>: ½ mile warm up 5 x 30 yard, 5 x 20 yard start. (95% effort):

Wed May 2<sup>nd</sup>: 1 mile warm up. 8 x 60 yards Rest 2 min (100% effort)

Saturday May 5<sup>th</sup>: ½ mile warm up. 8 x 200 Rest 2. (A Group 26-27. B Group 29-30)

Ladder / Drills

Monday May 7<sup>th</sup>: ½ mile warm up 5 x 40 yard, 5 x 20 yard start. (95% effort)

Wed May 9<sup>th</sup>: 1 mile warm up 1 x 500. Rest 8. 4 x 100 Rest 90 sec. (100% effort)

Saturday May 12<sup>th</sup>: ½ mile warm up. 4 x 300 Rest 3 min. (A Group 42s, B Group 47s)

Ladder / Drills

Monday May 14<sup>th</sup>: ½ mile warm up 5 x 20 yard start, then 3 x 40 yard hard. (100% effort)

Wed May 16<sup>th</sup>: ½ mile warm up. 100/200 x 3 rest 1min/4min. (A Group 12/29. B Group 14/34)

\*Focus should be on a hard 100 then float the 200.

Saturday May 19<sup>th</sup>: ½ mile warm up. 400/300/200 Rest 5/4 (A Group 55,43,27. B Group 66,48,30)

## **Taper 3 Weeks** \*Cut back volume keep intensity!

Monday May 21<sup>st</sup>: up 4 x 40 yard, 4 x 30 yard, 4 x 20 yard start. (100% effort)

Wed May 23<sup>rd</sup>: ½ mile warm up 2 x 200, 2 x 150. Rest 3. (A group 25/17 B Group 29/21)

Saturday May 26<sup>th</sup>: 1 mile warm up. 1 x 600 HARD Rest 6. 1 x 200 HARD

(A group 1:33/25 , B group 1:45/29)

Monday May 28<sup>th</sup>: 5 x 20 yard start. (100% effort)

Wednesday May 30<sup>th</sup>: 1 mile warm up. 6 x 100. Rest 1min (A Group 12s, B Group 15s)

Saturday June 2<sup>nd</sup>: 1 mile warm up. 4 x 200 Rest 3. (A Group 24-25, B Group 28-29)

Tuesday June 5<sup>th</sup>: 1/2 mile warm up. 2 x 200. 2 x 100 Rest 2/5 ( A group 26/13 B group 30/16)

\*No faster then what is indicated.

Thursday June 7<sup>th</sup>: ½ mile warm up. 3 x 200 rest 3. (Group A 28,27,26. Group B 32,31,30)

- Don't go crazy.

## **June 9<sup>th</sup> & 10<sup>th</sup> RACE**