

Monday-Speed Drills	Tuesday	Wednesday-No Watch	Thursday-Speed Drills	Friday	Saturday	Total
Recovery/Core/Speed Drills	Stability/Longer Intervals	Recovery/Upper Body/Lower Body	Recovery/Core/Speed Drills	Stability/Shorter Intervals	Long Run/Tempo	Miles
1	2	3	4	5	6	by Group
4 to 5 to 6	2-3x2M @ 8:30-9:30/7:30-8:30/6:30-7:30 min/mile pace with 3 min rest between intervals---5-10 total miles	5 to 6 to 7	6 to 7 to 8	4,5,6xBerm Hills @ 5k effort (2-3 mile WU/CD for 5-10 total miles)	6-8-10 @ 9-10:00/8-9:00/7-8:00 min mile pace	Group 1: 20-30 miles Group 2: 30-40 miles Group 3: 40-50 miles
8	9	10	11	12	13	
4 to 5 to 6	1-2x3M @ 8:15-9:15/7:15-8:15/6:15-7:15 min/mile pace with 4 min rest between intervals---5-10 total miles	5 to 6 to 7	7 to 8 to 9	10-20x200M grass strides with 45 sec rest (2-3 mile WU/CD for 5-10 total miles)	7-9-11 @10-10:30/9-9:30/8-8:30/7-7:30 min mile pace	Group 1: 25-35 miles Group 2: 35-45 miles Group 3: 45-55 miles
15	16	17	18	19	20	
5 to 6 to 7	3-5M @8:00-9:00/7:00-8:00/6min-7 min/mile pace---5-10 total miles	6 to 7 to 8	7 to 8 to 9	8-12X50Meter-75Meter Hill Sprint, walk recovery (2-3 mile WU/CD for 5-10 total miles)	8-10-12 @ 9:45-10:15/8:45-9:15/7:45-8:15/6:45-7:15 min mile pace	Group 1: 30-40 miles Group 2: 40-50 miles Group 3: 50-60 miles
22	23	24	25	26	27	
5 to 6 to 7	4x1 mile @ 7:15-7:45/6:15-6:45/5:15-5:45min mile pace with 2 min rest---5-10 total miles	6 to 7 to 8	7 to 8 to 9	15-30x100M grass strides with spikes with 30 sec rest (2-3 mile WU/CD for 5-10 total miles)	7-9-11 @ 9:45-10:15/8:45-9:15/7:45-8:15/6:45-7:15 min mile pace	Group 1: 30-40 miles Group 2: 40-50 miles Group 3: 50-60 miles
29	30	31	1-Aug	2-Aug	3-Aug	
6 to 7 to 8	3x2M @ 7:45-8:15/6:45-7:15/5:45-615 mile pace with 3 min rest between intervals---5-10 total miles	7 to 8 to 9	8 to 9 to 10	4,5,6,7xBerm Hills @ 5k effort	8-10-12 @ 9:45-10:15/8:45-9:15/7:45-8:15/6:45-7:15 min mile pace	Group 1: 30-40 miles Group 2: 40-50 miles Group 3: 50-60 miles
		Recovery Run Pace	Tuesday Workout Pace	Long Run Pace		
Group 1	Freshman or younger	8:30-10:00 for Mon/Thur Recovery Runs	Working towards 7:00-8:00 min pace	Working towards 8:30 pace		
Group 2	Girls team	7:00-8:30 pace for Mon/Thur Recovery Runs	Working towards 6:00-7:00 min pace	Working towards 7:30 pace		
Group 3	Boys team	6:45-7:30 pace for Mon/Thur Recovery Runs	Working towards 5:00-6:00 min pace	Working towards 6:30 pace		