

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Easy 3 mile run 4 X 100 strides OR 3 X 300 Speed 45 sec. or 50 sec./rest 5 minutes	2 8 X 150 hill run Speed fast/ rest, jog back OR 4 X 150 hill run Speed fast/ rest, jog back	3 Easy 3 mile run 4 X 100 strides OR 3 X 200 Speed 32-31-30 or 40-39-38	4 6 X 400 at present 5K pace OR 600-400-200 Speed 30 sec or 35 sec/Rest 5 minutes	5 Easy 3 mile run OR 2 mile run	6 20 - 30 min run
7	8 Easy 3 mile run 8 X 100 strides OR 2 X 600 Speed 90-pace sec/ rest 15 minutes	9 8 x 300 m surge fartlek, 200m easy jog rest /sprint walk 200 rest	10 Easy 4 mile run 3 X 350 for boys 300 girls Speed fast first 50, relaxed and fast last 50/Rest 10 min	11 40 minutes on a hilly course OR 600-400-200-400 Speed 30 or 35 sec Rest 5 minutes	12 2 mile run (keep time for reference)	13 20-40 min easy run
14	15 Easy 4 mile run 4 strides OR 3 X 300 Speed 40 or 45 sec/Rest 5 minutes	16 6 X 400 at 3200 pace (90- 95) OR 5 X long hills Speed fast/Rest, jog back	17 10 X 200 at 800 to 1600 pace, 1 min rest OR 3 X 200 Speed 32,31,30 or 39,38,37/Rest 3 minutes	18 4 miles 4 sets bounding OR 25 min cr with bounding sets	19 REST	20 25-45 min run CR OR Rudolph Revenge 5k/10k
21	22 Easy 5 mile run + 5 sets of high knee skip OR 2 X 600 Speed 75 or 85 seconds/Rest 15 minutes	23 8 X 200 Speed 32 sec or 38 sec/Rest 3 minutes	24 REST	25 Merry Christmas	26 REST	27 25-45 min run
28	29 1 mile tempo+ 3 x 1 min (300) accels + 1 mile cooldown OR 3 X 350 Speed each 50 a bit faster/Rest 10 minutes	30 100/400 TEST TBA	31 4 miles easy OR 20 min CR			

2008

January

		<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 2 mile fun run – Happy New Year!	2 25 - 45 minutes	3 Make up Day/Rest/Cross Train
4	5 8 x hills/ 4 sets bounding 30 meters cooldown	6 1200 @ 5k pace; 800 at training pace; 1200 at 2mile pace; 800 at training pace; 800 at mile pace; 1 mile cooldown OR 700/600/500/400 :90	7 25-45 min run 4-6 strides	8 4 miles 4 strides OR 400/300/200/100 sec/Rest 6 minutes	9 12 min run or 24 min run	10 TRACK MEET @ CU *Must purchase USATF Card \$20 good for the year
11	12 Week 1 Pre-Workouts	13	14	15	16	17
18 USAFA High School Invite	19 Week 2 Pre Workouts	20	21	22	23	24
25 MLK Track Invite USAFA	26 Week 3 Pre-workouts	27	28	29	30	31

2009