

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
1	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides): (4x20m w/45 sec. rec.) 2:00 rec. (3x30m w/50 sec. rec.) 2:30 rec. (2x40m w/55 sec. rec.) 3:00 rec. (1x50m) Cool Down: 10-15 minutes of easy running	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set- Can be done on a grass field or track: 5 x 1:00 "Hard" alternating with 1:00 "Easy" Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides) (2x200m w/ 1:30 rec.), 2:00 rec. (2x150m w/ 1:45 rec.), 2:30 rec. (2x100m w/ 2:00 rec.), 3:00 rec. (2x50m w/ 2:30 rec.) Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Off/Active Recovery	Easy Week
2	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides): (5x20m w/45 sec. rec.) 2:00 rec. (4x30m w/50 sec. rec.) 2:30 rec. (3x40m w/55 sec. rec.) 3:00 rec. (2x50m) Cool Down: 10-15 minutes of easy running	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set- Can be done on a grass field or track: 5 x 1:20 "Easy" Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides): (3x200m w/ 1:30 rec.), 2:00 rec. (3x150m w/ 1:45 rec.), 2:30 rec. (3x100m w/ 2:00 rec.), 3:00 rec. (3x50m w/ 2:30 rec.) Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Off/Active Recovery	Medium Week, increase the volume, keeping the intensity. Increased # of track reps, kept same recovery, keep same times
3	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides): (6x20m w/45 sec. rec.) 2:00 rec. (5x30m w/50 sec. rec.) 2:30 rec. (4x40m w/55 sec. rec.) 3:00 rec. (3x50m) Cool Down: 10-15 minutes of easy running	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set- Can be done on a grass field or track: 5 x 1:40 "Hard" alternating with 1:00 "Easy" Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides): (3x250m w/ 1:30 rec.), 2:00 rec. (3x200m w/ 1:45 rec.), 2:30 rec. (3x150m w/ 2:00 rec.), 3:00 rec. (4x50m w/ 2:30 rec.) Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Off/Active Recovery	Hard Week
4	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done with block starts): (4x20m w/45 sec. rec.) 2:00 rec. (3x30m w/50 sec. rec.) 2:30 rec. (2x40m w/55 sec. rec.) 3:00 rec. (1x50m) Cool Down: 10-15 minutes of easy running	Off/Active Recovery	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Warm up: 10-15 minutes of easy running, stretching, running form drills. Main Set (all reps done on the fly/2-3 strides): (3x200m w/ 1:30 rec.), 2:00 rec. (3x150m w/ 1:45 rec.), 2:30 rec. (3x100m w/ 2:00 rec.), 3:00 rec. (3x50m w/ 2:30 rec.) Cool Down: 10-15 minutes of easy running	15-20 minutes of easy aerobic running (jogging), focusing on stretching, running form drills	Off/Active Recovery	Recovery Week

Running form drills: High knees, Butt kicks, skips, bounds, backwards running, etc...