

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Grass Running: 20 min. warm up, 8-10 x 30-45 seconds at goal 3 mile XC race pace with 1:30 recovery jog, 20 min. cool down	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	20 min. warm up, 8-12 x 15-20 second uphill sprints, 20 min. cool down	Short Aerobic Run (easy): 3-4 miles	Long Aerobic Run (easy): 5-7 miles	Off
Notes							
Week 2	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Progression Run: 5-7 miles, starting out easy for the first half of run, then slowly progressing to Anaerobic Threshold the last 1 mile	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	Continuous Hilly Run or Fartlek Run: 5-7 miles	Short Aerobic Run (easy): 3-4 miles plus 8-10 x 80m strides	Long Aerobic Run (easy): 6-8 miles	Off
Notes							
Week 3	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Grass Running: 20 min. warm up, 10-12 x 30-45 seconds at goal 3 mile XC race pace with 1:30 recovery jog, 20 min. cool down	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	20 min. warm up, 10-14 x 15-20 second uphill sprints, 20 min. cool down	Short Aerobic Run (easy): 3-4 miles	Long Aerobic Run (easy): 7-9 miles	Off
Notes							
Week 4 Recovery Week	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Short Aerobic Run (easy): 5-7 miles	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	Short Aerobic Run (easy): 5-7 miles	Short Aerobic Run (easy): 3-4 miles plus 8-10 x 80m strides	Short Aerobic Run (easy): 5-7 miles	Off
Notes							

Week 5	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Progression Run: 5-7 miles, starting out easy for the first half of run, then slowly progressing to Anaerobic Threshold the last 1 mile	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	20 min. warm up, 12-16 x 15-20 second uphill sprints, 20 min. cool down	Short Aerobic Run (easy): 3-4 miles	Long Aerobic Run (easy): 8-10 miles	Off
Notes							
Week 6	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Grass Running: 20 min. warm up, 12-14 x 30-45 seconds at goal 3 mile XC race pace with 1:30 recovery jog, 20 min. cool down	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	Continuous Hilly Run or Fartlek Run: 5-7 miles	Short Aerobic Run (easy): 3-4 miles plus 8-10 x 80m strides	Long Aerobic Run (easy): 8-10 miles	Off
Notes							
Week 7	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Progression Run: 5-7 miles, starting out easy for the first half of run, then slowly progressing to Anaerobic Threshold the last 1 mile	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	20 min. warm up, 12-16 x 15-20 second uphill sprints, 20 min. cool down	Short Aerobic Run (easy): 3-4 miles	Long Aerobic Run (easy): 8-10 miles	Off
Notes							
Week 8 Recovery Week	Short Aerobic Run (easy): 3-5 miles plus 8-10 x 80m strides	Short Aerobic Run (easy): 5-7 miles	Optional Off Day/ Short Aerobic Run (easy): 3-5 miles	Continuous Hilly Run or Fartlek Run: 5-7 miles	Short Aerobic Run (easy): 3-4 miles plus 8-10 x 80m strides	Short Aerobic Run (easy): 5-7 miles	Off
Notes							