

## 6 week mid-summer high school training plan

| Week | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday                                      | Sunday     | Notes                |
|------|---|---|---|---|---|---|------------|----------------------|
| 1    | <b>Short Aerobic Run (easy):</b><br>3-5 miles plus<br>8-10 x 80m<br>strides | <b>Grass Running:</b> 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         | <b>Optional Off Day/Short Aerobic Run (easy):</b> 3-5 miles | 20 min. warm up, 8-12 x 15-20 second uphill sprints, 20 min. cool down  | <b>Short Aerobic Run (easy):</b><br>3-4 miles                               | <b>Long Aerobic Run (easy):</b><br>5-7 miles  | <b>Off</b> |                      |
| 2    | <b>Short Aerobic Run (easy):</b><br>3-5 miles plus<br>8-10 x 80m<br>strides | Progression Run of 5-7 miles, starting out easy for the first half of run, then slowly progressing to Anaerobic Threshold the last 1 mile | <b>Optional Off Day/Short Aerobic Run (easy):</b> 3-5 miles | <b>Continuous Hilly Run or Fartlek Run:</b><br>5-7 miles                | <b>Short Aerobic Run (easy):</b><br>3-4 miles plus<br>8-10 x 80m<br>strides | <b>Long Aerobic Run (easy):</b><br>6-8 miles  | <b>Off</b> |                      |
| 3    | <b>Short Aerobic Run (easy):</b><br>3-5 miles plus<br>8-10 x 80m<br>strides | <b>Grass Running:</b> 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        | <b>Optional Off Day/Short Aerobic Run (easy):</b> 3-5 miles | 20 min. warm up, 10-14 x 15-20 second uphill sprints, 20 min. cool down | <b>Short Aerobic Run (easy):</b><br>3-4 miles                               | <b>Long Aerobic Run (easy):</b><br>7-9 miles  | <b>Off</b> |                      |
| 4    | <b>Short Aerobic Run (easy):</b><br>3-5 miles plus<br>8-10 x 80m<br>strides | <b>Short Aerobic Run (easy):</b><br>5-7 miles   | <b>Optional Off Day/Short Aerobic Run (easy):</b> 3-5 miles | <b>Short Aerobic Run (easy):</b><br>5-7 miles                           | <b>Short Aerobic Run (easy):</b><br>3-4 miles plus<br>8-10 x 80m<br>strides | <b>Short Aerobic Run (easy):</b><br>5-7 miles | <b>Off</b> | <b>Recovery Week</b> |
| 5    | <b>Short Aerobic Run (easy):</b><br>3-5 miles plus<br>8-10 x 80m<br>strides | Progression Run of 5-7 miles, starting out easy for the first half of run, then slowly progressing to Anaerobic Threshold the last 1 mile | <b>Optional Off Day/Short Aerobic Run (easy):</b> 3-5 miles | 20 min. warm up, 12-16 x 15-20 second uphill sprints, 20 min. cool down | <b>Short Aerobic Run (easy):</b><br>3-4 miles                               | <b>Long Aerobic Run (easy):</b><br>8-10 miles | <b>Off</b> |                      |
| 6    | <b>Short Aerobic Run (easy):</b><br>3-5 miles plus<br>8-10 x 80m<br>strides | <b>Grass Running:</b> 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        | <b>Optional Off Day/Short Aerobic Run (easy):</b> 3-5 miles | <b>Continuous Hilly Run or Fartlek Run:</b><br>5-7 miles                | <b>Short Aerobic Run (easy):</b><br>3-4 miles plus<br>8-10 x 80m<br>strides | <b>Long Aerobic Run (easy):</b><br>8-10 miles | <b>Off</b> |                      |