

Week	MON	TUE	WED	THURS	FRI	SAT	Week of
1	30 min tempo	10x400m	30 min easy	30 min fartlek	30 min easy	60 min long	4-Jun
2	30 min tempo	5x1000m	30 min easy	30 min fartlek	30 min easy	65 min long	11-Jun
3	35 min tempo	6x600m	30 min easy	35 min fartlek	30 min easy	70 min long	18-Jun
4	35 min tempo	10x400m	30 min easy	35 min fartlek	30 min easy	Road Race	25-Jun
4th of July Off Week							2-Jul
5	40 min tempo	5x1000m	30 min easy	40 min fartlek	30 min easy	75 min long	9-Jul
6	40 min tempo	8x600m	30 min easy	40 min fartlek	30 min easy	80 min long	16-Jul
7	45 min tempo	10x400m	30 min easy	45 min fartlek	30 min easy	Road Race	23-Jul
8	45 min tempo	5x1000m	30 min easy	45 min fartlek	30 min easy	85 min long	30-Jul
9	45 min tempo	10x600m	30 min easy	45 min fartlek	30 min easy	90 min long	6-Aug
10	30 min tempo	10x400m	30 min easy	XC Meet Aug 17	30 min easy		13-Aug
	100 sit-ups wk 1-9	Plyo-Tues wk 1-9 200 yards	100 sit-ups wk 1-9	Lifts Thurs wk 1-9	100 sit-ups wk 1-9		
	arm form running 2x50	bounding	bench 4x25	squats 4x25			
		power skips	tricep ext 4x25	power clean 4x25			
		back run	lunges 4x25	bent over row 4x25			
		high knee walk	incline 4x25	arm curls 4x25			
		lunge turnover	hip flexor leg turnover 4x25	hip flexor knee drive 4x25			
		leap frogs	lat pulls 4x25	leg press 4x25			

before & after	800m jog, fence drills, calf stretch, sprint drills (high knee turnover, butt kicks, back run, quick feet, high kick karaoke turnover, skip drill turnover, high kick turnover, quick turnover), partner stretch, group stretch. [to be done before and after workouts]
Mon	tempo: 1st 5 min easy, next gradually accelerate toward peak speed midway through workout and maintain peak speed for 10 min, then gradually decelerate finishing with 5 min of easy jogging
Tues	repeats: fast runs with jogging recovery between, 400m has 400m jog/walk between, 600m has 200m jog/walk between, 1000m has 3 min recovery between.
Thurs	farlek: 1st 5 min build, in between alternating (20 sec sprint, 20 sec race pace), last 5 min cool down run