

Week	MON	TUE	WED	THURS	FRI	SAT	SUN	
1	30 min tempo	10x400m	30 min easy	30 min fartlek	30 min easy	60 min long	11-Jun	
2	30 min tempo	5x1000m	30 min easy	30 min fartlek	30 min easy	65 min long	18-Jun	
3	35 min tempo	6x600m	30 min easy	35 min fartlek	30 min easy	70 min long	25-Jun	
4	35 min tempo	10x400m	30 min easy	35 min fartlek	30 min easy	<b>Road Race</b>	2-Jul	
<b>off wk</b>							<b>4-Jul</b>	<b>9-Jul</b>
5	40 min tempo	5x1000m	30 min easy	40 min fartlek	30 min easy	75 min long	15-Jul	
6	40 min tempo	8x600m	30 min easy	40 min fartlek	30 min easy	80 min long	23-Jul	
7	45 min tempo	10x400m	30 min easy	45 min fartlek	30 min easy	<b>Road Race</b>	30-Jul	
8	45 min tempo	5x1000m	30 min easy	45 min fartlek	30 min easy	85 min long	6-Aug	
9	45 min tempo	10x600m	30 min easy	45 min fartlek	30 min easy	90 min long	13-Aug	
10	30 min tempo	10x400m	30 min easy	<b>XC Meet Aug 17</b>	30 min easy		20-Aug	
	<b>100 sit-ups wk 1-9</b>	<b>Plyo-Tues wk 1-9</b>	<b>100 sit-ups wk 1-9</b>	<b>Weights Thurs wk 1-9</b>	<b>100 sit-ups wk 1-9</b>			
		100yds down & back  bounding power skips  back run high knee walk  lunges  leap frogs		squats 4x25 lunges 4x25 bench 4x25 bent over row 4x25 tricep ext 4x25 leg press 4x25 arm form running 2x50				
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	<b>tempo:</b> 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	<b>repeats:</b> 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	<b>farlek:</b> 1st 5 min build, next 15 min alternating (20 sec sprint, 20 sec race pace), remaining time easy							