High Scho	ol Running C	oach (HSRC)									
Cross-Cou	ntry Training	Program									
Summer 2	014 / Fall 201	4 (		1	1						
WEEK I:	Location:	<u>Warm-up:</u>		Primary Training Session	<u>1:</u>		Ancillary Train	ing:			
4-Aug-14	5:00 A.M.	Warm-up A	60.0	-minute RELAXED Distan	ice Run		6 x 100-meter \$	Strides @ Ass	igned Pace(s)	(Training Sh	oes)
(Monday)											
							Post-Run Gene	ral Strength	Routine I (Two	{2} Circuits)	
							Post-Run Team	Warmdown	& Subsequent	Individual S	tatic Stretc
	5:00 A.M.	Warm-up B	65.0	-minute TEMPO Distance	Werkeut		10 x 100-meter	Stridee @ Ae	airmod Dece/a	) (Teoloine C	h
5-Aug-14	5:00 A.W.	Warm-up B	00.0	-minute TEMPO Distance	Workout		TO X TOO-meter	Juiues @ As	signed Face(s	o (Training S	livesj
(Tuesday)				15-minute Steady Distan			Post-Workout T	Foom Wormd		uont Individu	ual Statia St
				Run			POSt-Morkout 1		Jwii a Jubsey	uent, marvia	uai static si
						-					
				{10 x 2-minute Tempo Ru	uns w/ 2-minute						
				Jog Recovery							
				10-minute Steady Distan	ce Run						
6-Aug-14	5:00 A.M.	Warm-up C	60.0	-minute RELAXED Distar	ce Run		6 x 100-meter \$	Strides @ Ass	igned Pace(s)	(Training Sh	oes)
(Wednesday)											
							Post-Run Gene	ral Strength	Routine II (Two	o {2} Circuits	)
							Post- <mark>Run</mark> Team	Warmdown	& Subsequent	, Individual S	tatic Stretc
7-Aug-14	5:00 A.M.	Warm-up A	75.0	-minute TEMPO Distance	Workout		10 x 100-meter	Strides @ As	signed Pace(s	) (Training S	hoes)
(Thursday)											
							Post-Workout T	Feam Warmdo	own & Subseq	uent, Individ	ual Static St
				15-minute Steady Distan	ce						
				Run							
				4 x 100-meter Strides							
				{Approximate 45.0-minut							
				Tempo Run" [10 x 1,000-							
				Repetitions w/ 150-seco							
				Recovery / Individualized	Paces to						
				be Assigned]}							
					_						
				15-minute Relaxed Dista	nce kun						

8-Aug-14	5:00 A.M.	Warm-up B	30.0	-minute RELAXED Distan	nce Run	8 x 100-meter \$	Strides @ Se	f-Selected Pac	e(s) (Training	g Shoes)
(Friday)										
						Post-Run Team	Warmdown	& Subsequent	, Individual S	tatic Streto
)-Aug-14	5:00 A.M.	Warm-up C	85.0	-minute TEMPO Distance	Workout	7 x 150-meter \$	Strides @ As	signed Pace(s)	(Training Sh	085)
Saturday)	5.00 A.m.	traini ap o		w/ HILLS			Alliaco e Ao			
Saturuay)						Post-Workout G	oneral Stre	ath Poutine II	L (Two /2) Cir	cuite)
				20-minute Steady Distan		POSt-MOIROUT C		igtii Koutine II	1 (1 00 (2) 01	cuitsj
				Run		Post-Workout T	oom Wormd	own ? Subcon	uont Individu	ual Statia S
				Kun		POSt-MOIROUT I		own & oubseq		
				{10 x 2-minute Tempo Ru	une w/ 1-minute					
				30-second Jog Recovery						
				Jo-second Jog Recovery						
				30-minute Steady Distan	ce Pup w/ Hills					
				Sommute Steauy Distan						
10-Aug-14				REST						
(Sunday)										
Total Week	ly Minutes of Aero	obic Running:				375				
Total Week	ly Minutes of Run	ning (Aerobic Runn	ing plus Strides	:		394				
			<b>.</b> ,							
T- 4-1 M1-1				- II Dennelis en		97				
Total Week	ly Minutes of Tem	po, Progression, a	nd / or "Up-Temp	o" Running:		97				
		po, Progression, and contract of Goat Contract of Contract				97				
Total Traini	ng Volume as Per	centage (%) of Go:		Training Volume:		90%	na:			
Total Traini					n:		<u>ng:</u>			
Total Traini WEEK II:	ng Volume as Per	centage (%) of Go:		Training Volume:		90%		elf-Selected Pa	nce(s) (Trainin	ng Shoes)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Sessior		90% Ancillary Train		elf-Selected Pa	ace(s) (Trainin	ng Shoes)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Sessior	tance Workout	90% Ancillary Train	Strides @ S			
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Sessior -minute HILL SURGE Dist 10-minute Steady Distan	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr	tance Workout	90% Ancillary Train 10 x 100-meter	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Sessior -minute HILL SURGE Dist 10-minute Steady Distan	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Sessior -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Sessior -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S ieneral Stre	ngth Routine IN	/ (Two {2} Cir	rcuits)
Total Traini WEEK II: 11-Aug-14	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan 15- to 25-minute Steady	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout 0 Post-Workout 1	Strides @ S eneral Stre eam Warmd	own & Subseq	/ (Two {2} Cir uent, Individ	rcuits) ual Static S
Total Traini WEEK II: 11-Aug-14 (Monday)	ng Volume as Per	centage (%) of Go: Warm-up:	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C	Strides @ S eneral Stre eam Warmd	own & Subseq	/ (Two {2} Cir uent, Individ	rcuits) ual Static S
Total Traini WEEK II: 11-Aug-14 (Monday)	ng Volume as Per	Warm-up: Warm-up A	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan 15- to 25-minute Steady	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout 0 Post-Workout 1	Strides @ S eneral Stre eam Warmd	own & Subseq	/ (Two {2} Cir uent, Individ	rcuits) ual Static S
	ng Volume as Per	Warm-up: Warm-up A	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan 15- to 25-minute Steady	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout 0 Post-Workout 1	Strides @ S eneral Stre eam Warmd Strides @ Se	ngth Routine IV	/ (Two {2} Cir uent, Individu	val Static S
Total Traini WEEK II: 11-Aug-14 (Monday)	ng Volume as Per	Warm-up: Warm-up A	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan 15- to 25-minute Steady	tance Workout	90% Ancillary Train 10 x 100-meter Post-Workout C Post-Workout T 9 x 100-meter S	Strides @ S eneral Stre eam Warmd Strides @ Se	ngth Routine IV	/ (Two {2} Cir uent, Individu	val Static S
Total Traini WEEK II: 11-Aug-14 (Monday)	ng Volume as Per	Warm-up: Warm-up A	al Peak Fall 2014	Training Volume: Primary Training Session -minute HILL SURGE Dist 10-minute Steady Distan "Aerobic Hill Surges" thr "Beast" Hill Circuit 15-minute Tempo Distan 15- to 25-minute Steady	tance Workout  tance Run  cough  coe Run  Distance Run  coe Run  c	90% Ancillary Train 10 x 100-meter Post-Workout C Post-Workout T 9 x 100-meter S	Strides @ S eneral Stre eam Warmd Strides @ Se Warmdown	ingth Routine IV	/ (Two {2} Cir uent, Individu ce (Training S	incuits) ual Static S shoes) itatic Streto

				Including 10-minute Tem	po Distance Run		Post-Run Gene	ral Strength F	Routine V (Two	o {2} Circuit	5)
							Post-Run Team	Warmdown	Subconucrt	Individual	Static Stratch
							Post-Kun Team	Warmuown a	s Subsequent,	muiviuuai	Static Stretch
14-Aug-14	5:00 A.M.	Warm-up A	64.0	-minute TRACK REPETIT	ON Workout		10 x 100-meter	· Strides @ As	signed Pace(s	) (Training S	Shoes)
(Thursday)				w/o HILLS							
							Post-Workout 1	eam Warmdo	wn & Subsequ	uent, Individ	lual Static Str
				20-minute Steady Distan	e						
				Run							
				4 x 100-meter Strides							
				14 400							
				{4 x 400-meter Repetition	is w/ 100-meter	_					
				Jog Recovery}							
				1-minute, 30-second Wall	Pacovary						
				r-minute, 50-second Wan	Recovery						
				{4 x 400-meter Repetition	s w/ 100-meter	-					
				Jog Recovery}							
				1-minute, 30-second Wall	Recovery						
				{4 x 400-meter Repetition	s w/ 100-meter						
				Jog Recovery}							
				1-minute, 30-second Wall	Recovery						
				{4 x 400-meter Repetition	s w/ 100-meter						
				Jog Recovery}							
				5-minute Walk Recovery							
				20-minute Relaxed Distan	nce Run	_					
45 Aug 44		Worm up P	25.0	-minute RELAXED Distan	Pun Pun		8 x 100 motor 1	Stridae @ Fall	Solootod P		
15-Aug-14 (Friday)	A.M. or P.M.	Warm-up B	20.0	-minute RELAKED DISTAN			8 x 100-meter	Junes @ Jeit	-selected Pac	e(s) ( mainin	ig alloes)
(i iluay)							Post-Run Team	Warmdown #	& Subsequent.	Individual 9	Static Stretch
16-Aug-14	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance	Workout		7 x 150-meter	Strides @ Ass	igned Pace(s)	(Training Sł	ioes)
(Saturday)				w/ HILLS							
							Post-Workout (	eneral Stren	gth Routine I (	Two {2} Cire	cuits)
				20-minute Steady Distan	ce in the second s						
				Run			Post-Workout 1	eam Warmdo	wn & Subsequ	uent, Individ	lual Static Str
				{10 x 2-minute Tempo Ru	ns w/ 1-minute,						
				<b>30-second Jog Recovery</b>							

				i							
				35-minute Steady Distan	ce Run w/ Hills						
7-Aug-14				REST							
Sunday)											
Total Weekly	y Minutes of Aerobi	c Running:					324				
Total Weekly	y Minutes of Runnir	g (Aerobic Runn	ing plus Strides)				342				
Total Weekly	y Minutes of Tempo	, Progression, ar	nd / or "Up-Temp	o" Running:			62				
							700/				
Total Trainin	ng Volume as Perce	ntage (%) of Goa	al Peak Fall 2014	Training Volume:			<b>78</b> %				
		_	-						-		
NEEK III:	Location:	Warm-up:		Primary Training Session	<u>n</u>		Ancillary Train	ing:			
8-Aug-14	5:00 A.M.	Warm-up A	65.0	-minute TEMPO Distance	Workout		10 x 100-meter	r Strides @ As	signed Pace(s	s) (Training S	hoes)
Monday)				w/o HILLS							
							Post-Workout G	Conoral Stron	ath Poutine II	(Two (2) Cir	cuite)
				45 minute Ctentu Distan	P	_	POSt-Morkout C	Selleral Strell	gin Kouine n	(1w0 {2} Cit	
				15-minute Steady Distan	Ce Run						
							Post-Workout T	feam Warmdo	own & Subseq	uent, Individ	ual Static
				4 x 100-meter Strides @	Self-Selected						
				Pace							
				{2 x "Canal Loop" Tempo	Run(s) w/						
				Self-Selected Walk / Jog	Recovery}						
				20-minute Steady Distan	ce Run						
				<b>,</b>							
			50.0		_		0 100 1			( <b>m</b> · · · )	
19-Aug-14	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distan	ce Run		9 x 100-meter 3	Strides @ Self	-Selected Pac	e (Training S	Shoes)
Tuesday)											
							Post-Run Team	Warmdown	& Subsequent	, Individual S	Static Stret
20-Aug-14	5:00 A.M.	Warm-up C	60.0	-minute STEADY Distanc	e Run		10 x 100-meter	r Strides @ Se	If-Selected Pa	ace (Training	Shoes)
Wednesday)											
				Including 10-minute Tem	po Distance Run		Post-Run Gene	ral Strength I	Routine III (Tv	vo {2} Circuit	s)
							Post-Run Team	Warmdown	8. Subsequent	Individual 9	static Stret
							- ost-nun realli		a subsequent	, muiviuudi s	
				· · · · · · · · · · · · · · · · · · ·					· · · -		
		Warm-up A	66.5	-minute TRACK REPETIT	ION Workout		10 x 100-meter	r Strides @ As	signed Pace(s	s) (Training S	ihoes)
	5:00 A.M.				1			1			
21-Aug-14 Thursday)	5:00 A.M.			w/o HILLS							
	5:00 A.M.			w/o HILLS			Post-Workout T	Feam Warmdo	own & Subseq	uent, Individ	ual Static
	5:00 A.M.			w/o HILLS 20-minute Steady Distan	Ce		Post-Workout T	Feam Warmdo	own & Subseq	uent, Individ	ual Static \$
	5:00 A.M.				ce		Post-Workout 1	Feam Warmdo	own & Subseq	uent, Individ	ual Static S

			1	i		i					i
				4 x 100-meter Strides		ļ					
				1 x 2,000-meter Repetitio	on w/ 3-minute						
				30-second Walk Recover	у						
				1 x 1,600-meter Repetition	on w/ 3-minute						
				10-second Walk Recover	v						
				1 x 1,200-meter Repetition	on w/ 2-minute						
				50-second Walk Recover							
				JU-Second Walk Recover							
				4 x 800 motor Donotition							
				1 x 800-meter Repetition							
				30-second Walk Recover	<b>y</b>						
				1 x 400-meter Repetition							
				10-second Walk Recover	У						
				6 x 200-meter Repetition	s w/ Self-Selected						
				Walk Recovery							
						1					
				20-minute Relaxed Dista	nce Run						
22-Aug-14	A.M. or P.M.	Warm-up B	40.0	-minute RELAXED Distan	ce Pun		8 x 100-meter 3	Stridae @ Sal	Selected Par	e(c) (Trainin	
_	A.M. OF P.M.	Warm-up D	40.0	-minute RELAXED Distan			o x roo-meter s	Strides @ Ser	-Selected Fat		g onces)
(Friday)											
							Post-Run Team	Warmdown	& Subsequent	, Individual S	static Stretchi
23-Aug-14	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance	Workout		7 x 150-meter 3	Strides @ Ass	igned Pace(s)	(Training Sh	oes)
(Saturday)				w/ HILLS							
							Post-Workout C	eneral Stren	gth Routine I	/ (Two {2} Ci	rcuits)
				20-minute Steady Distan	ce						
				Run			Post-Workout T	eam Warmd	own & Subseq	uent, Individ	ual Static Stre
						1					
				{7 x 3-minute Tempo Run	s w/ 2-minute						
				Jog Recovery}		1					
				35-minute Steady Distan	ce Pup w/ Hills						
				35-minute Steady Distan	ce kuli w/ milis						
24-Aug-14				REST							
(Sunday)											
Total Weekly N	<b>Winutes of Aerobi</b>	Running:					372				
Total Weekly	Minutes of Runnin	Aerobie Burn	ing plue Strides				390	1			
Total Weekly I	minutes of Kunnin	y (Meropic Runn	ing plus strides	•							
Total Weekly N	Minutes of Tempo,	Progression, a	nd / or "Up-Temp	o" Running:			70				
					1		1	-			

Total Trainin	g Volume as Per	centage (%) of Goal P	eak Fall 2014	Training Volume:		<b>89</b> %				
	î			1				1	ĺ	ì
EEK IV:	Location:	Warm-up:		Primary Training Session:		Ancillary Train	ing:			
5-Aug-14	5:00 A.M.	Warm-up A	68.5	-minute TEMPO Distance W	orkout	10 x 100-meter	· Strides @ A	ssigned Pace(s	s) (Training S	hoes)
Nonday)				W/ HILL CIRCUIT REPETITIO						
nonday)						Post-Workout (	eneral Stre	nath Routine V	(Two /2) Cire	cuits)
				10-minute Steady Distance	Run	r ost montout (			(100 (2) 000	
				To minute oteauy Distance		Post-Workout 1	eam Warmd	own & Subsea	uent Individ	ual Static S
				4 Sets of {2-minute, 30-seco	ond Tempo Run					
				/ 1-minute, 30-second Jog R						
					,					
				5 Sets of {2-minute, 30-sec	bnd					
				"Dogleg" Hill Ascent / 2-min						
				Recovery}						
				20-minute Steady Distance	Run					
				20-minute Steauy Distance						
			50.0		Pue	0 400 4	Révides @ f	inned Press( )	/E 64-1 1	Training
6-Aug-14	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distance	Run	9 x 100-meter	Strides @ As	signed Pace(s)	(5 Strides in	Training S
luesday)										
						Post-Run Team	Warmdown	& Subsequent	, Individual S	itatic Stret
7-Aug-14	5:00 A.M.	Warm-up C	60.0	-minute STEADY Distance R	lun	10 x 100-meter	Strides @ S	elf-Selected Pa	ace (Training	Shoes)
Wednesday)										
				Including 12-minute Tempo	Distance Run	Post-Run Gene	ral Strength	Routine I (Two	{2} Circuits)	
						Post-Run Team	Warmdown	& Subsequent	, Individual S	tatic Stret
8-Aug-14	5:00 A.M.	Warm-up A	70.0	-minute TRACK REPETITION	N Workout	10 x 100-meter	Strides @ A	ssigned Pace(	s) (5 Strides i	n Training
Thursday)				w/o HILLS						
						Post-Workout 1	'eam Warmd	own & Subseq	uent, Individ	ual Static S
				20-minute Steady Distance						
				Run						
				4 x 100-meter Strides						
				1 x 1,600-meter Repetition	w/ 3-minute,					
				30-second Walk Recovery						
				1 x 1,600-meter Repetition	w/ 3-minute,					
				15-second Walk Recovery	· ·					
				1 x 1,600-meter Repetition	w/ 3-minute					
				Walk Recovery						
				Tain Recovery						
								1		

				i		i				
				45-second Walk Recover	У					
				1 x 1,600-meter Repetitio	on w/ 5-minute					
				Walk Recovery						
				20-minute Relaxed Dista	nce Run					
29-Aug-14	A.M. or P.M.	Warm-up B	40.0	-minute RELAXED Distan	ce Run	8 x 100-meter 3	Strides @ Se	elf-Selected Pa	ace(s) (Traini	ng Shoes)
(Friday)										
						Post-Run Team	Warmdown	. & Subsequer	nt, Individual	Static Stretcl
30-Aug-14	5:00 A.M.	Warm-up C	90.5	-minute TEMPO Distance	Workout	7 x 150-meter 3	Strides @ As	signed Pace(s	s) (3 x 150-m	in Training St
(Saturday)				w/ HILLS						<b>5</b>
(Saturday)						De et Merdeeut d		and Develop		
				20 minute Staats DL 1		Post-Workout C	eneral Stre	nigtn koutine	II ( I WO {Z} CI	
				20-minute Steady Distan	Ce	<b>.</b>				
				Run		Post-Workout 1	eam Warmo	down & Subse	quent, Indivi	Jual Static St
				{9 x 2-minute, 30-second	Tempo Runs w/					
				2-minute Jog Recovery}						
				30-minute Steady Distan	ce Run w/ Hills					
31-Aug-14				REST						
(Sunday)										
Total Weekly	/ Minutes of Aerobi	o Bunnings				379				
Total Weekly	winutes of Aerob	c Running.				0.0				
Total Weekly	/ Minutes of Runnii	ng (Aerobic Runr	ing plus Strides	•		397				
Total Weekly	/ Minutes of Tempo	, Progression, a	nd / or "Up-Temp	o" Running:		75				
		/	1							
						91%				
Total Trainin	g Volume as Perce	entage (%) of Go	al Peak Fall 2014	Training Volume:		91%				
WEEK V:	Location:	Warm-up:		Primary Training Session	<u>1</u>	Ancillary Train	ing:			
1-Sep-14	5:00 A.M.	Warm-up A	64.0	-minute TRACK REPETIT	ION Workout	10 x 100-meter	Strides @ A	Assigned Pace	(s) (4 Strides	in Training SI
(Monday)				w/o HILLS						
						Post-Workout G	eneral Stre	ength Routine	III (Two {2} C	ircuits)
				20-minute Steady Distan	ce					
				Run		Post-Workout T	eam Warmo	down & Subse	quent, Indivi	dual Static St
									,	
				4 x 100-meter Strides						
				{6 x 400-meter Repetition	ns w/ 100-meter					
				Jog Recovery						

		1	1	i		1				1	
				3-minute Walk Recovery							
				{6 x 400-meter Repetition	ns w/ 100-meter						
				Jog Recovery		1					
				3-minute Walk Recovery		1					
					1400						
				{6 x 400-meter Repetition	ns w/ 100-meter						
				Jog Recovery}							
				5-minute Walk Recovery							
				20-minute Relaxed Dista	nce Run	1					
2-Sep-14	5:15 A.M.	Warm-up B	45.0	-minute RELAXED Distan	ce Run		8 x 100-meter	Strides @ Sel	f-Selected Pa	ce(s) (Racing	Shoes)
-	0.10 A.m.			Distail							
(Tuesday)							De sé Dess Te su		0 C		
							Post-Run Team	warmdown	& Subsequen	t, individual s	Static Stretchi
3-Sep-14	5:00 A.M.	Warm-up C	75.0	-minute HILL SURGE Dist	tance Workout		10 x 100-meter	r Strides @ So	elf-Selected P	ace (Training	Shoes)
(Wednesday)											
				Steady Distance Run			Post-Run Gene	ral Strength	Routine IV (T	wo {2} Circuit	ts)
						1					
				"Aerobic Hill Surges" thr	ough	1	Post-Run Team	Warmdown	& Subsequen	t, Individual \$	Static Stretchi
				"Beast" Hill Circuit					-		
						-					
				10-minute Tempo Distan	- Run						
				To-minute Tempo Distant							
				Steady Distance Run							
4-Sep-14	5:15 A.M.	Warm-up A	45.0	-minute RELAXED Distan	ce Run		8 x 100-meter	Strides @ Sel	f-Selected Pa	ce(s) (Racing	Shoes)
(Thursday)											
							Post-Run Team	Warmdown	& Subsequen	t, Individual S	Static Stretchi
5-Sep-14	4:30 P.M.	Warm-up B	30-0	-minute RELAXED Distan	ce Run		5 x 100-meter	Strides @ Sel	- f-Selected Pa	ce(s) (Racing	Shoes)
				Bistui							,,
(Friday)							De ad Dave T		0 C	A Decidential of the	
							Post-Run Team	warmdown	& Subsequen	τ, individual s	Static Stretchi
6-Sep-14	7:00 A.M.	Warm-up A	15.0	-minute RELAXED / STEA	DY Distance Run						
(Saturday)	(JV Girl's Race)										
				4 x 100-meter Strides							
	7:30 A.M.										
	(Black Girl's Race	)	18.0	-minute 5-KILOMETER RA	ACE @						
				2014 Sole Sports Runnin							
	8:00 A.M.			Cross-Country Festival	<del>-</del>						
				oross-country restival							
	(Gold Girl's Race)										

	8:45 A.M.		35.0	-minute RELAXED Team Distance Run	Post-Run Gene	ral Strength Routine V (T	wo {2} Circuits)
					Post-Run Team	n Warmdown & Subseque	nt, Individual Static Stretchi
-Sep-14	A.M. or P.M.	Abbreviated	35.0	-minute RELAXED Distance Run	Post-Run Team	warmdown & Subseque	nt, Individual Static Stretchi
Sunday)	(Preferably	Warm-up C					
Sunday)	A.M.)						
		i. Pourieur			362	)	
otal weeki	y Minutes of Aerol	Die Kunning:			302		
otal Weekl	y Minutes of Runn	ing (Aerobic Runn	ing plus Strides)		377		
iotal Weekl	y Minutes of Temp	o, Progression, ar	nd / or "Up-Temp	o" Running:	55		
Fotal Traini	ng Volume as Perc	entage (%) of Goa	l Peak Fall 2014	Training Volume:	86%		
				-			
NEEK VI:	Location:	Warm-up:		Primary Training Session:	Ancillary Train	ing:	
3-Sep-14	5:30 A.M.	Warm-up A	60.0	-minute STEADY Distance Run	8 x 100-meter	Strides @ Self-Selected P	ace (Training Shoes)
Monday)							
					Post-Run Gene	ral Strength Routine I (Tv	vo {2} Circuits)
					Post-Run Team	n Warmdown & Subseque	nt, Individual Static Stretchi
						_	
9-Sep-14	5:00 A.M.	Warm-up B	67.0	-minute TRACK REPETITION Workout	8 x 100-meter	Strides @ Assigned Pace(	s) (5 Strides in Training Sho
Tuesday)				w/o HILLS			
(Tuesuay)					Post-Workout 1	Foom Wormdown & Subs	equent, Individual Static Str
				20-minute Steady Distance Run	Fost-fforkout		equent, mulvidual static str
				20-minute Steady Distance Run			
				4 x 100-meter Strides			
				4 x Too-meter Strides			
				1 x 1,600-meter Repetition w/ 3-minute,			
				30-second Walk Recovery			
				1 x 1,600-meter Repetition w/ 3-minute,			
				15-second Walk Recovery			
				1 x 1,200-meter Repetition w/ 3-minute			
				Walk Recovery			
				······			
				11 x 1.200-meter Repetition w/ 2-minute			
				1 x 1,200-meter Repetition w/ 2-minute, 45-second Walk Recovery			
				45-second Walk Recovery			

				i	i					
				30-second Walk Recovery	У					
				1 x 800-meter Repetition	w/ 5-minute					
				Walk Recovery						
				20-minute Relaxed Dista	nce Run					
10-Sep-14	5:15 A.M.	Warm-up C	50.0	-minute RELAXED Distan	ce Run	9 x 100-meter	Strides @ Se	If-Selected Pac	e (Training \$	Shoes)
Wednesday)										
						Post-Run Team	Warmdown	& Subsequent	, Individual S	Static Strete
						Post-Run Gene	ral Strength	Routine II (Tw	o {2} Circuits	5)
1-Sep-14	5:00 A.M.	Warm-up A	70.0	-minute TEMPO Distance	Workout	10 x 100-meter	r Strides @ A	ssigned Pace(	s) (Training S	ihoes)
Thursday)				w/ HILL CIRCUIT REPETI	TIONS					
						Post-Workout	Feam Warmd	lown & Subsea	uent. Individ	ual Static S
				10-minute Steady Distan	ce Bun					
				4 Sets of {2-minute, 30-set	econd Tempo Bun					
				/ 1-minute, 30-second Jog						
				/ I-minute, 50-second oo						
				6 Sets of {2-minute, 30-set	econd					
				"Dogleg" Hill Ascent / 2-r						
				Recovery}						
				Recovery						
				17-minute Steady Distan	oo Bun					
				17-minute steady bistan						
12-Sep-14	Preferably A.M.	Warm-up B	40.0	-minute RELAXED Distan	ce Run	8 x 100-meter	Strides @ As	signed Pace(s)	(2 Strides in	Training SI
Friday)									(	
(Filuay)						Post-Run Team	Warmdown	& Subsequent	. Individual S	Static Streto
									,	
13-Sep-14	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance	Workout	7 x 150-meter	Strides @ As	signed Pace(s)	(3 x 150-m i	n Training S
Saturday)				w/ HILLS				()		
oaturuay)						Post-Workout (	General Stre	nath Routine I	(Two /2) Ci	reuite)
				20-minute Steady Distan		POSt-MOIROUT V		ingtil Koutine i	1 (1 40 (2) 01	
				Run		Deet Werkeut 7	Faam Warma	laum 9 Eubaan	uont Individ	ual Statia S
				Kun		Post-Workout	leam warmo	iown & Subseq	uent, inaivia	ual Static S
				Con Dominute Territo Dom						
				{6 x 3-minute Tempo Run	is w/ 2-minute					
				Jog Recovery}						
				40-minute Steady Distan	ce Run w/ Hills					
14-Sep-14				REST						
Sunday)										
	Minutes of Aerobi	o Bunningu				377	4			

					204				
Total Weekly	Minutes of Running	(Aerobic Runni	ing plus Strides)		394				
Total Weekly	Minutes of Tempo,	Progression, an	d / or "Up-Temp	o" Running:	70				
Total Training	Volume as Percer	tage (%) of Goa	Peak Fall 2014	Training Volume	90%				
WEEK VII:	Location:	Warm-up:		Primary Training Session:	Ancillary Train	ina:			
15-Sep-14	5:00 A.M.	Warm-up A	67.8	-minute TRACK REPETITION Workout	6 x 100-meter	Strides @ Ass	igned Pace(s)	(6 Strides in	Training Sho
				w/o HILLS		bindes @ Ass	ignea i acc(s)	(0 0011005 111	
(Monday)				W/O HILLS					
					Post-Workout 1	feam Warmdo	own & Subseq	uent, Individi	ual Static Str
				20-minute Steady Distance Run					
				4 x 100-meter Strides					
				1 x 1,600-meter Repetition w/ 3-minute,					
				30-second Walk Recovery					
				1 x 1,400-meter Repetition w/ 3-minute,					
				15-second Walk Recovery					
				1 x 1,200-meter Repetition w/ 3-minute					
				Walk Recovery					
				1 x 1,000-meter Repetition w/ 2-minute,					
				45-second Walk Recovery					
				1 x 800-meter Repetition w/ 2-minute,					
				30-second Walk Recovery					
				1 x 600-meter Repetition w/ 2-minute,					
				15-second Walk Recovery					
				IS-SECOND TRAIN NEOUVELY					
				1 x 400-meter Repetition w/ 2-minute					
				Walk Recovery					
				1 x 200-meter Repetition w/ 1-minute,					
				45-second Walk Recovery					
				1 x 200-meter Repetition w/ 5-minute					
				Walk Recovery					
				20-minute Relaxed Distance Run					
16-Sep-14	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distance Run	9 x 100-meter		inned Beee(c)	12 Stuides in	Training Sha

(Tuesday)										
(Tuesuay)						Post-Run Team	Warmdown	& Subsequent	Individual S	tatic Stretc
						Post-Run Gener	al Strength	Routine IV (Tw	o (2) Circuit	s)
									- (-)	
47 8 44	5:00 A.M.	Waxman	75.0	-minute HILL SURGE Dist		10 × 100 motor	Stridee @ Se	lf Colocted De		Shees)
17-Sep-14	5:00 A.M.	Warm-up C	75.0	-minute HILL SURGE DIST		10 x 100-meter	Strides @ Se	en-Selected Pa	ce (Training	Snoes)
(Wednesday)										
				Steady Distance Run		Post-Workout T	eam Warmdo	own & Subsequ	ent, Individ	ual Static St
				"Aerobic Hill Surges" thr	ough					
				"Beast" Hill Circuit						
				12-minute Tempo Distan	ce Run					
				Steady Distance Run						
18-Sep-14	5:00 A.M.	Warm-up A	50.0	-minute RELAXED Distan	ce Run	10 x 100-meter	Strides @ As	signed Pace(s	) (3 Strides i	n Training S
(Thursday)								(	, (	
(Thursday)						Post-Run Team	Warmdown	8 Subsequent	Individual S	tatic Stratel
						Post-Kun Team	Warmuowin	d Subsequent,	marriadar	
						Boot Bun Conor	al Cérannéh I	Boutine V (Tur		
						Post-Run Gener	al Strength	Routine V (I We	> {2} Circuits	)
19-Sep-14	Preferably A.M.	Warm-up B	30.0	-minute RELAXED Distan	ce Run	5 x 100-meter \$	itrides @ Sel	f-Selected Pac	e(s) (Racing	Shoes)
(Friday)										
						Post-Run Team	Warmdown	& Subsequent,	Individual S	tatic Stretcl
20-Sep-14	7:30 A.M.	Warm-up A	15.0	-minute RELAXED / STEA	DY Distance Run					
(Saturday)										
				4 x 100-meter Strides						
			18.5	-minute 5-KILOMETER TI						
			1010							
			40.0							
	8:10 A.M.		40.0	-minute RELAXED Team		Post-Time Trial	/ Run Genera	al Strength Ro	utine I (I wo	{2} Circuits)
						Post-Run Team	Warmdown	& Subsequent,	Individual S	tatic Stretcl
21-Sep-14	A.M. or P.M.	Abbreviated	35.0	-minute RELAXED Distan	ce Run	Post-Run Team	Warmdown	& Subsequent,	Individual S	tatic Stretcl
(Sunday)	(Preferably	Warm-up C								
	A.M.)									
Total Weekly	Minutes of Aerol	pic Running:				381				
		a.								
Total Weekly	Minutes of Runn	ing (Aerobic Running	plus Strides)			396				

fotal Training	g Volume as Per	centage (%) of Goal Po	eak Fall 2014	Training Volume:		90%	•			
VEEK VIII:	Location:			Drimony Training Secola		Ancillary Train	la au			
	Location:	<u>Warm-up:</u>		Primary Training Session		Ancinary Train				
2-Sep-14	5:00 A.M.	Warm-up A	62.0	-minute STEADY Distanc	e Run	10 x 100-meter	r Strides @ S	elf-Selected Pa	ace (Training	j Shoes)
Monday)										
						Post-Run Gene	ral Strength	Routine II (Tw	o {2} Circuit	s)
						Post-Run Team	Warmdown	& Subsequent	Individual	Static Strate
						Post-Kuil Team		& Subsequent		
23-Sep-14	5:00 A.M.	Warm-up B	70.0	-minute TEMPO Distance	• Workout	10 x 100-meter	r Strides @ A	ssigned Pace(	s) (3 Strides	in Training !
Tuesday)				w/ HILL CIRCUIT REPET	ITIONS					
						Post-Workout	Feam Warmd	lown & Subseq	uent, Individ	lual Static S
				10-minute Steady Distan	ice Run					
				4 Sets of <mark>{</mark> 2-minute, 30-s	econd Tempo Pup					
				/ 1-minute, 30-second Jo						
				7 T-Innute, 50-second 50						
				6 Sets of {2-minute, 30-s	econd					
				"Dogleg" Hill Ascent / 2-	minute Jog					
				Recovery}						
				17-minute Steady Distan	ice Run					
24-Sep-14	5:15 A.M.	Warm-up C	50.0	-minute RELAXED Distan	nce Run	10 x 100-meter	r Strides @ A	ssigned Pace(	s) (Training \$	Shoes)
Wednesday)										<b>,</b>
						Post-Run Team	Warmdown	& Subsequent	, Individual :	Static Streto
						Post-Run Gene	ral Strength	Routine III (T	vo {2} Circui	ts)
25-Sep-14	5:00 A.M.	Warm-up A	68.3	-minute TRACK REPETIT	ION Workout	4 x 100-meter	Stridae @ Ae	signed Pace(s	(Pacing Sh	
Thursday)	5.00 A.m.		0010	w/o HILLS						
						Post-Workout	Feam Warmd	lown & Subseq	uent, Individ	lual Static S
				20-minute Steady Distan	ice Run					
				4 x 100-meter Strides						
				1 x 1,000-meter Repetiti	on w/ 3-minute,					
				45-second Walk Recover	ry					
				1 x 1,000-meter Repetiti	on w/ 3-minute,					
				30-second Walk Recover	ry					
				1 x 1,000-meter Repetiti	on w/ 3-minute,					
				30-second Walk Recover			1		1	

	1	1		i		1		1		1	i
				1 x 1,000-meter Repetition							
				15-second Walk Recover	r <b>y</b>						
				1 x 1,000-meter Repetition	on w/ 3-minute,						
				15-second Walk Recover	r <b>v</b>	1					
				1 x 1,000-meter Repetition	on w/ 3-minuto						
				Walk Recovery		_					
				1 x 1,000-meter Repetition	on w/ 5-minute	_					
				Walk Recovery							
				1 x 200-meter Repetition	n w/ 2-minute						
				Walk Recovery							
				1 x 200-meter Repetition	w/ 2-minute						
1				Walk Recovery	· ··· <b>- ·········</b>	_					
				Main necovery		-					
				1 x 200-meter Repetition	n w/ 5-minute	_					
				Walk Recovery							
				20-minute Relaxed Dista	nce Run						
26-Sep-14	Preferably A.M.	Warm-up B	40.0	-minute RELAXED Distan	nce Run		8 x 100-meter :		igned Pace(s)	(2 Strides in	Training Sho
(Friday)									<b></b>		
(rnuay)							Deat Due Team	Warmdaum	P. Subssmith		éséle Cércéshi
							Post-Run Team	warmdown	s Subsequent	, individual 3	otatic Stretchi
27-Sep-14	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance	Workout		7 x 150-meter	Strides @ Ass	igned Pace(s)	(3 x 150-m i	n Training Sho
(Saturday)				w/ HILLS							
							Post-Workout C	General Stren	gth Routine I	/ (Two {2} Ci	rcuits)
				20-minute Steady Distan	ice						
				Run			Post-Workout 1	eam Warmdo	wn & Subsea	uent. Individ	ual Static Stre
						_				.,	
				19 v 2 E minute Terrer D	une w/ 2 minute						
				{8 x 2.5-minute Tempo R	uns w/ 2-minute						
				Jog Recovery}							
				34-minute Steady Distan	ce Run w/ Hills						
28-Sep-14				REST							
(Sunday)											
							200	1			
Iotal Weekly	Minutes of Aerobi	c Kunning:					380				
Total Weekly	Minutes of Runnin	g (Aerobic Runn	ing plus Strides	)=			397				
Total Weekly	Minutes of Runnin	g (Aerobic Runn	ing plus Strides	)= 			397				

Total Weekly	/ Minutes of Tem	po, Progression, and	/ or "Up-Temp	o" Running:		73				
otal Trainin	g Volume as Per	centage (%) of Goal I	Peak Fall 2014	Training Volume:		91%				
VEEK IX:	Location:	Warm-up:		Primary Training Session	<u>1:</u>	Ancillary Train	ing:			
29-Sep-14	5:00 A.M.	Warm-up A	70.0	-minute TEMPO Distance	Workout	10 x 100-meter	r Strides @ A	ssigned Pace(s	) (3 Strides ir	n Training
Monday)				w/ HILL CIRCUIT REPETI	TIONS					
						Post-Workout	Feam Warmd	own & Subsequ	uent, Individu	al Static S
				10-minute Steady Distan	ce Run					
				10-minute Tempo Distan	ce Run					
				3 Sets of {2-minute, 30-s	econd					
				"Dogleg" Hill Ascent / 2-	ninute Jog					
				Recovery}						
				10-minute Tempo Distan	ce Run					
				3 Sets of {2-minute, 30-s	econd					
				"Dogleg" Hill Ascent / 2-	ninute Jog					
				Recovery}						
				13-minute Steady Distan	ce Run					
30-Sep-14	5:30 A.M.	Warm-up B	30.0	-minute RELAXED Distan	ce Run	8 x 100-meter	Strides @ As	signed Pace(s)	(Training Sho	oes)
Tuesday)										
						Post-Run Team	Warmdown	& Subsequent,	Individual St	tatic Strete
						Post-Run Gene	ral Strength	Routine V (Two	(2) Circuits	)
I-Oct-14	5:00 A.M.	Warm-up C	40.8	-minute TEMPO / TRACK	REPETITION	Post-Workout	Feam Warmd	own & Subsequ	uent, Individu	al Static S
Wednesday)				Workout w/o HILLS						
				10-minute Steady Distan	ce Run					
				-						
				10-minute Tempo Distan	ce Run					
				10-minute Steady Distan	ce Run					
				4 x 100-meter Strides						
				1 x 1,000-meter Repetition	on w/ 3-minute,					
				45-second Walk Recover						

				i		1		1			
				45-second Walk Recover	У						
				1 x 200-meter Repetition	w/ Self-Selected						
				Walk Recovery							
				1 x 200-meter Repetition	w/ Self-Selected						
				Walk Recovery							
				1 x 200-meter Repetition	w/ Self-Selected						
				Walk Recovery							
				1 x 200-meter Repetition	w/ Self-Selected						
				Walk Recovery							
				1 x 200-meter Repetition	w/ Self-Selected						
				Walk Recovery							
2-0ct-14	5:00 P.M.	Warm-up A	30.0	-minute RELAXED Distan	ce Run		5 x 100-meter	Strides @ Ass	igned Pace(s)	(Racing Sho	es)
(Thursday)											
							Post-Run Team	Warmdown	& Subsequent	Individual S	Static Stretchi
							Post-Run Gene	ral Strength	Routine I (One	{1} Circuit)	
3-0ct-14	5:15 P.M.	Warm-up A	15.0	-minute RELAXED / STEA	DY Distance Run		Post-Run Team	Warmdown	& Subsequent	Individual S	Static Stretchi
(Friday)	(Girls' Freshmen										
	Large School)			4 x 100-meter Strides							
	6:15 P.M.		18.0	-minute 5-KILOMETER R/	ACE @						
	(Girls' Large			2014 Desert Twilight Cro							
	School JV)			Country Festival							
	8:45 P.M.		25.0	-minute RELAXED Team	Distance Run						
	(Girls' Sweepstake	es									
	Race)										
	,										
4-0ct-14	6:30 A.M.	Warm-up B	70.0	-minute RELAXED Distan	ce Run		5 x 100-meter :	Strides (Trair	ing Shoes)		
(Saturday)		· ·		w/o HILLS				•	_ /		
							Post-Run Gene	ral Strength	Routine II (Tw	o {2} Circuits	;)
								_			-
							Post-Run Team	Warmdown	& Subsequent	Individual S	Static Stretchi
5-0ct-14	A.M. or P.M.	Abbreviated	30.0	-minute RELAXED Distan	ce Run		Post-Run Team	Warmdown	& Subsequent	Individual S	Static Stretchi
(Sunday)	(Preferably	Warm-up C									
(	A.M.)										
Total Mandal	Minutes of Armiti	Bunning					329				
тотат меекіу	Minutes of Aerobic	; kunning:					529				

Total Weekh	w Minutes of Duny	ning (Aerobic Runni	an alua Stridad			34(				
Total Weeki	y minutes of Runr	ing (Aerobic Runni	ng plus Strides	• 		540	·			
						74				
Total Weeki	y Minutes of Tem	po, Progression, and	d / or "Up-Temp	o" Running:			•			
						78%				
Iotal Irainin	ng Volume as Per	centage (%) of Goal	Peak Fall 2014	I Training Volume:		107	D			
WEEK X:	Location:	Warm-up:		Primary Training Session	:	Ancillary Train	ning:			
6-0ct-14	5:00 A.M.	Warm-up A	78.0	-minute HILL SURGE Dist	ance Workout	Post-Workout	Team Warmd	own & Subsec	quent, Individ	ual Static Str
(Monday)										
				Steady Distance Run						
				"Aerobic Hill Surges" thr	ough					
				"Beast" Hill Circuit						
				10-minute Tempo Distan	ce Run					
				Steady Distance Run						
				8 Sets of {20-second Acc	eleration / 40-					
				second Jog Recovery}						
		Warm un P	50.0	-minute RELAXED Distan	a Pur	40 x 400 mete	r Cáridaa 🔿 A	animum d Danad	(a) (E Stuidee	in Training Ch
7-Oct-14	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distan		10 x 100-mete	r Strides @ A	ssigned Pace	(5) (5 Strides	in Training Sn
(Tuesday)						Post-Run Gene	aral Strength	Routine III (T	wo /2\ Circuit	c)
							, ar ou engui			
						Post-Run Tean	n Warmdown	& Subsequen	t, Individual S	Static Stretchi
								<u>.</u>		
8-0ct-14	5:00 A.M.	Warm-up C	60.0	-minute STEADY / TEMPO	Distance Run	10 x 100-mete	r Strides @ S	elf-Selected P	ace (Training	Shoes)
(Wednesday)										
			10- <del>n</del>	ninute Tempo Distance Ru	n	Post-Run Tean	n Warmdown	& Subsequen	t, Individual S	Static Stretchi
9-0ct-14	5:00 A.M.	Warm-up A	68.6	-minute TRACK REPETIT	ION Workout	2 x 100-meter	Strides @ Se	lf-Selected Pa	ce (Training S	Shoes)
(Thursday)				w/o HILLS						
						Post-Workout	Team Warmd	own & Subsec	quent, Individ	ual Static Stre
				20-minute Steady Distan	ce Run					
				4 x 100-meter Strides						
				1 x 1,200-meter Repetition						
				30-second Walk Recover	<b>y</b>					
				1 x 1 200-motor Ponstiti	an w/ 3-minuto					
				1 x 1,200-meter Repetition	on w/ 3-minute,					

				i		i				i	
				30-second Walk Recover	У						
				1 x 1,000-meter Repetition	on w/ 3-minute,						
				15-second Walk Recover	v						
				4 4 000 4 D 4141							
				1 x 1,000-meter Repetitio							
				15-second Walk Recover	У						
				1 x 800-meter Repetition	w/ 3-minute						
				Walk Recovery							
				1 x 800-meter Repetition	w/ 3-minute						
				Walk Recovery							
				Walk Recovery							
				1 x 600-meter Repetition	w/ 2-minute						
				Walk Recovery							
				1 x 600-meter Repetition	w/ 2-minute						
				Walk Recovery							
				1 x 300-meter Repetition	w/ 2-minute						
				Walk Recovery							
				1 x 300-meter Repetition	w/ 2-minute						
				Walk Recovery							
				20-minute Relaxed Dista	nce Run						
			40.0	-minute RELAXED Distan			0 400 4 0				Testalan Ober
10-0ct-14	Preferably A.M.	Warm-up B	40.0	-minute RELAXED Distan			8 x 100-meter S	trides @ Ass	signed Pace(s)	(2 Strides in	Training Shoo
(Friday)											
							Post-Run Gener	al Strength	Routine IV (Tw	vo {2} Circuit	5)
							Post-Run Gener	al Strength	Routine IV (Tw	vo {2} Circuit	\$)
							Post-Run Gener Post-Run Team				
44.0-+ 44		Warmun C	80.0	minute TEMPO Distance	Workout		Post-Run Team	Warmdown	& Subsequent	, Individual S	tatic Stretchi
11-0ct-14	11:00 A.M.	Warm-up C	80.0		Workout			Warmdown	& Subsequent	, Individual S	tatic Stretchi
11-Oct-14 (Saturday)		Warm-up C	80.0	-minute TEMPO Distance w/ HILLS	Workout		Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS			Post-Run Team	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0				Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS			Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS	Distance Run		Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady (6 x 3.0-minute Tempo Ref	Distance Run		Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady	Distance Run		Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady {6 x 3.0-minute Tempo R Jog Recovery}	Distance Run uns w/ 2-minute		Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady (6 x 3.0-minute Tempo Ref	Distance Run uns w/ 2-minute		Post-Run Team 10 x 100-meter	Warmdown Strides @ As	& Subsequent ssigned Pace(s	, Individual S 5) (5 Strides i	tatic Stretchi n Training She
(Saturday)		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady {6 x 3.0-minute Tempo R Jog Recovery} 20- to 30-minute Steady	Distance Run uns w/ 2-minute		Post-Run Team 10 x 100-meter Post-Workout T	Warmdown Strides @ As eam Warmdo	& Subsequent	, Individual S 5) (5 Strides i uent, Individu	tatic Stretchi n Training She
		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady {6 x 3.0-minute Tempo R Jog Recovery}	Distance Run uns w/ 2-minute		Post-Run Team 10 x 100-meter	Warmdown Strides @ As eam Warmdo	& Subsequent	, Individual S 5) (5 Strides i uent, Individu	tatic Stretchi n Training She
(Saturday)		Warm-up C	80.0	w/ HILLS 20- to 30-minute Steady {6 x 3.0-minute Tempo R Jog Recovery} 20- to 30-minute Steady	Distance Run uns w/ 2-minute		Post-Run Team 10 x 100-meter Post-Workout T	Warmdown Strides @ As eam Warmdo	& Subsequent	, Individual S 5) (5 Strides i uent, Individu	tatic Stretchi n Training She

							1			
Total Weekly	y Minutes of Aerob	ic Running:				377				
Total Weekly	y Minutes of Runni	ng (Aerobic Runnin	ng plus Strides)			390				
Total Weekly	y Minutes of Temp	o, Progression, and	l / or "Up-Temp	o" Running:		72				
Total Trainin	ng Volume as Perce	entage (%) of Goal	Peak Fall 2014	Training Volume:		89%				
				- -						
WEEK XI:	Location:	Warm-up:		Primary Training Session	<u>n:</u>	Ancillary Train	ing:			
13-0ct-14	TBD by Coach	Warm-up A	75.0	-minute TEMPO Distance	Workout	5 x 100-meter	Strides @ Ass	igned Pace(s)	(5 Strides in	Training Sho
(Monday)	Perrone			w/ HILL CIRCUIT REPET	ITIONS					
						Post-Workout 1	eam Warmdo	wn & Subseq	uent, Individ	ual Static Stre
				10-minute Steady Distar	ce Run					
				10-minute Tempo Distan	ce Run					
				3-minute Recovery Dista	nce Run					
				10-minute Tempo Distan	ce Run					
				5-minute Steady Distanc	e Run					
				6 Sets of {2-minute, 30-s	econd					
				"Dogleg" Hill Ascent / 2-	minute Jog					
				Recovery}						
				10-minute Steady Distan	ce Run					
14-0ct-14	5:15 A.M.	Warm-up B	45.0	-minute RELAXED Distar	ice <mark>Run</mark>	8 x 100-meter	Strides @ Ass	igned Pace(s)	(2 Strides in	<b>Training Sho</b>
(Tuesday)										
						Post-Run Gene	ral Strength F	Routine I (Two	{2} Circuits)	
						Post-Run Team	Warmdown &	& Subsequent	Individual S	tatic Stretchi
										\
15-0ct-14	5:00 A.M.	Warm-up C	60.0	-minute STEADY Distance	e Run	10 x 100-meter	<sup>.</sup> Strides @ Se	if-Selected Pa	ce (Training	Shoes)
(Wednesday)						D4 D	Waynadaaa	Cuberne f	In all to data at 1	4-41- C44-1
						Post-Run Team	warmdown &	s oupsequent	maividual S	tatic stretchi
16-Oct-14	5:00 A.M.	Warm-up A	64.0	-minute TRACK REPETIT	ION Workout	8 x 100-meter	Strides @ Acc	ianed Pace/s)	(2 Strides in	Training Sho
	5:00 A.W.	тапп-чр м	04.0			o x roo-meter	ucs @ #55	igileu Pace(5)	(= ounces in	Tanning 310
(Thursday)				w/o HILLS		<b>.</b>	<b>10</b> 2			
				20 minute 64 to DI 1		Post-Workout 1	eam Warmdo	wn & Subseq	uent, Individ	uai Static Stre
				20-minute Steady Distan						
				Run						

				4 400 4 5111						
				4 x 100-meter Strides						
				{6 x 400-meter Repetitions	s w/ 100-meter					
				Jog Recovery}					-	
				3-minute Walk Recovery						
				{6 x 400-meter Repetition	w/ 100-meter					
				Jog Recovery}						
				3-minute Walk Recovery						
				{6 x 400-meter Repetition	s w/ 100-meter					
				Jog Recovery}						
				5-minute Walk Recovery						
				· · · · · · · · · · · · · · · · · · ·	[					
				20-minute Relaxed Distan	ce Run					
				Lo minute Relaxed Distan						
17-0ct-14		W D	40.0	-minute RELAXED Distanc		0 400	C4		(0.04-d	Testalar Cha
	Preferably A.M.	Warm-up B	40.0	-minute RELAXED Distanc	e kun	8 x 100-meter :	Strides @ As:	signed Pace(s)	(2 Strides in	I raining Sno
(Friday)									(0) 01 14	
						Post-Run Gene	ral Strength	Routine II (I w	o {2} Circuits	•) 
						Post-Run Team	Warmdown	& Subsequent	, Individual S	static Stretch
18-0ct-14	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance	Norkout	7 x 150-meter :	Strides @ As:	signed Pace(s)	(3 x 150-m i	n Training Sho
(Saturday)				w/ HILLS						
						Post-Workout T	Feam Warmd	own & Subseq	uent, Individ	ual Static Str
				20-minute Steady Distanc	e					
				Run						
				{2 x 4.0-minute Tempo Ru	ns, 2 x 3.0-minute					
				Tempo Runs, 2 x 2.0-minu	te Tempo Runs,					
				& 2 x 1.0-minute Tempo R	uns w/ 2-minute					
				Jog Recovery}						
				34-minute Steady Distanc	e Run w/ Hills					
19-0ct-14	A.M. or P.M.	Abbreviated	30.0	-minute RELAXED Distanc	e Run	General Streng	th Routine	I (Two {2} Circ	uits)	
(Sunday)	(Preferably	Warm-up B								
	A.M.)					Post-Run Team	Warmdown	& Subsequent	, Individual S	tatic Stretchi
Total Weekly	y Minutes of Aerobi	c Running:				404				
		-								
		g (Aerobic Running				420				

Fotal Weekly	Minutes of Tem	po, Progression, and	/ or "Up-Temp	o" Running:		81				
otal Training	g Volume as Per	centage (%) of Goal I	Peak Fall 2014	Training Volume:		96%				
VEEK XII:	Location:	Warm-up:		Primary Training Session:		Ancillary Train	ing:			
20-Oct-14	5:00 A.M.	Warm-up A	55.0	-minute STEADY Distance	Run	8 x 100-meter	Strides @ As	signed Pace(s)	(2 Strides in	n Training S
Monday)						B				
						Post-Run Team	warmdown	a Subsequent	, individual s	Static Stret
1-Oct-14	5:00 A.M.	Warm-up B	75.0	-minute TEMPO Distance	Workout	5 x 100-meter	Strides @ As	signed Pace(s)	(5 Strides in	n Training S
Fuesday)				w/ HILL CIRCUIT REPETIT						
iuesuay)						Post-Workout 1	Feam Warm	lown & Subser	uent Individ	ual Static S
				10-minute Steady Distanc	e Run	Post-Morkout I		lown & oubseq		
						General Streng	th Routine	V (Two {2} Circ	uits)	
				10-minute Tempo Distanc	e Run		,		····· <b>··</b> ,	
				3-minute Recovery Distan	ce Run					
				10-minute Tempo Distanc	e Run					
				5-minute Steady Distance	Run					
				,						
				6 Sets of {2-minute, 30-se	cond					
				"Dogleg" Hill Ascent / 2-m						
				Recovery}						
				10-minute Steady Distanc	e Run					
22-Oct-14	5:15 A.M.	Warm-up C	45.0	-minute RELAXED Distanc	e Run	7 x 100-meter	Strides @ As	signed Pace(s)	(2 Strides in	n Training S
Wednesday)										
						Post-Run Team	Warmdown	& Subsequent	, Individual \$	Static Streto
			40.9	-minute TEMPO / TRACK R	EDETITION	Deet Werkeut 7	Faarra Warner	laum 9 Eubaan	uant Individ	ual Statia S
23-Oct-14	5:00 A.M.	Warm-up A	40.8			Post-Workout 1	eam warme	iown & Subseq	uent, inaivia	ual Static S
Thursday)				Workout w/o HILLS						
					-	General Streng	jth Routine	V (One {1} Circi	lit)	
				10-minute Steady Distanc	e Run					
					- P					
				10-minute Tempo Distanc	e kuñ					
					_					
				10-minute Steady Distanc	e Run					
	1			4 x 100-meter Strides						

				1 x 1,000-meter Repetition	on w/ 3-minute					
				45-second Walk Recover						
				45-second walk Recover	y					
				4 x 4 000 meter Benetiti	an uul 2 minute					
				1 x 1,000-meter Repetition						
				45-second Walk Recover	y I					
				1 x 200-meter Repetition	w/ Self-Selected					
				Walk Recovery						
				1 x 200-meter Repetition	w/ Self-Selected					
				Walk Recovery						
				1 x 200-meter Repetition	w/ Self-Selected					
				Walk Recovery						
				1 x 200-meter Repetition	w/ Self-Selected					
				Walk Recovery						
				1 x 200-meter Repetition	w/ Self-Selected					
				Walk Recovery						
24-Oct-14	12:00 P.M.	Warm-up B	30.0	-minute RELAXED Distan	ce Run	5 x 100-meter	Strides @ As	signed Pace(s	) (Racing Sho	oes)
(Friday)										
						Post-Run Team	Warmdown	& Subsequen	t, Individual S	Static Stretchi
25-Oct-14	9:32 A.M. PST	Warm-up A	15.0	-minute RELAXED / STEA	DY Distance Run	Post-Run Team	Warmdown	& Subsequen	t, Individual S	Static Stretchi
(Saturday)	(Girls' Junior									
	Varsity National			4 x 100-meter Strides						
	Championship Ra	ce)								
			18.0	-minute 2.93-MILE RACE	@ 2014					
	10:21 A.M. PST			Mount San Antonio Colle	-					
	(Girls' Team			Cross-Country Invitation	-					
	Sweepstakes Rac	:e)								
			30.0	-minute RELAXED Team	Distance Run					
			0010							
26-Oct-14	A.M. or P.M.	Abbreviated	30.0	-minute RELAXED Distan	ce Pun	Post-Run Team	Warmdown	& Subsequent	t Individual 9	Static Stratchi
		Warm-up C	50.0	-initiate RELAXED DIStan		rost-run leam		a Junsequen	, muiviuual a	
(Sunday)	(Preferably	warm-up u				General Streng	th Poutine	(Two (2) Circo	uite)	
	A.M.)					General Streng		( 1 HO (2) OIC	4113)	
							1			
Total Weekly	Minutes of Aerobi	c Running:				339				
Total Weekly	Minutes of Runnin	g (Aerobic Runni	ing plus Strides)	):		349				
									1	1
Total Weekly	Minutes of Tempo	. Progression, an	d / or "Up-Temp	o" Running:		74				
Total Weekly	Minutes of Tempo	, Progression, an	nd / or "Up-Temp	o" Running:		74				

Total Training	y Volume as Per	centage (%) of Goal P	eak Fall 2014	Training Volume:		80%				
								-		;
VEEK XIII:	Location:	Warm-up:		Primary Training Session	<u>n:</u>	Ancillary Train	ing:			
7-0ct-14	5:00 A.M.	Warm-up A	60.0	-minute STEADY Distanc	e Run	8 x 100-meter	Strides @ Sel	f-Selected Pa	ce (Training	Shoes)
Monday)										<u> </u>
						Post-Run Gene	ral Strength	Routine II (Iv	vo {2} Circuit	5)
						Post-Run Team	Warmdown	& Subsequer	t Individual	Static Stre
						Fost-Null Team	Warmuown	& Subsequen		Static Stree
8-Oct-14	5:00 A.M.	Warm-up B	66.5	-minute TRACK REPETIT	ION Workout	4 x 100-meter	Strides @ As	signed Pace(s	) (Racing Sh	205)
Tuesday)				w/o HILLS						
luesday)						Post-Workout 1	Feam Warmd	own & Subse	nuent Individ	lual Static
				20-minute Steady Distan	ce Pun	POSt-MOI KOUL		own a Subset	quent, maivit	
				Lo minute oteauy Distan						
				4 x 100-meter Strides						
				1 x 1,000-meter Repetiti	on w/ 3-minute,					
				40-second Walk Recover	у					
				1 x 1,000-meter Repetiti	on w/ 3-minute,					
				40-second Walk Recover	у					
				1 x 1,000-meter Repetiti	on w/ 3-minute,					
				20-second Walk Recover	У					
				1 x 1,000-meter Repetiti						
				20-second Walk Recover	'Y					
				1 x 1,000-meter Repetiti	on w/ 3-minute					
				Walk Recovery						
				1 x 1,000-meter Repetiti	on w/ E minuto					
				Walk Recovery	on w/ 5-minute					
				Walk Recovery						
				1 x 200-meter Repetition	w/ 2-minute					
				Walk Recovery						
				· · · · · · ·						
				1 x 200-meter Repetition	w/ 2-minute					
				Walk Recovery						
				-						
				1 x 200-meter Repetition	w/ 2-minute					
				Walk Recovery						
				-						
				1 x 200-meter Repetition	w/ 2-minute					
				Walk Recovery						

				i i i	
				1 x 200-meter Repetition w/ 2-minute	
				Walk Recovery	
				1 x 200-meter Repetition w/ 5-minute	
				Walk Recovery	
				20 minute Delanad Distance Dur	
				20-minute Relaxed Distance Run	
29-0ct-14	5:15 A.M.	Warm-up C	55.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)
(Wednesday)					
					Post-Run General Strength Routine III (Two {2} Circuits)
					Post-Run Team Warmdown & Subsequent, Individual Static Stretc
30-Oct-14	5:00 A.M.	Warm-up A	60.0	-minute STEADY / TEMPO Distance Run	10 x 100-meter Strides @ Assigned Pace(s) (4 Strides in Training S
(Thursday)					
			10-n	ninute Tempo Distance Run	Post-Run Team Warmdown & Subsequent, Individual Static Stretc
31-0ct-14	5:00 A.M.	Warm-up B	64.8	-minute TRACK REPETITION Workout	4 x 100-meter Strides @ Assigned Pace(s) (Racing Shoes)
				w/o HILLS	
(Friday)					
					Post-Workout Team Warmdown & Subsequent, Individual Static St
				20-minute Steady Distance Run	
				4 x 100-meter Strides	
				1 x 1,100-meter Repetition w/ 3-minute,	
				40-second Walk Recovery	
				1 x 1,000-meter Repetition w/ 3-minute,	
				20-second Walk Recovery	
				1 x 900-meter Repetition w/ 3-minute	
				Walk Recovery	
				1 x 800-meter Repetition w/ 2-minute,	
				40-second Walk Recovery	
				1 x 700-meter Repetition w/ 2-minute,	
				20-second Walk Recovery	
				1 x 600-meter Repetition w/ 2-minute	
				Walk Recovery	
				1 x 500-meter Repetition w/ 1-minute,	

				i		1					
				1 x 400-meter Repetitio							
				20-second Walk Recove	ery						
				1 x 300-meter Repetition	on w/ 1-minute						
				Walk Recovery							
				1 x 200-meter Repetitio	on w/ 40-second						
				Walk Recovery							
				1 x 100-meter Repetition	on w/ 5-minute,						
				Walk Recovery							
				20-minute Relaxed Distance Run							
1-Nov-14	5:30 A.M.	Warm-up C	85.0	-minute RELAXED Distance Run		7 × 150-	7 x 150-meter Strides @ Assigned Pace(s) (3 x 150-m in Training Sh				
(Saturday)				w/ HILLS							
						Post-Ru	n Team Warmdo	wn & Subseque	nt, Individual	Static Stretchi	
				REST			Ctore with Devetin				
2-Nov-14				REDI		General	Strength Koutil	ne IV (Two {2} Ci	rcuits)		
(Sunday)											
Total Weekly Minutes of Aerobic Running:						391					
Total Weekly Minutes of Running (Aerobic Running plus Strides):							407				
Total Weekly	Minutes of Tempo,	Progression, a	nd / or "Up-Temp	o" Running:			61				
<b>Total Training</b>	Volume as Percer	ntage (%) of Goa	al Peak Fall 2014	Training Volume:			93%				
					1			1	1		