

High School Running Coach (HSRC)						
Cross-Country Training Program						
Summer 2014 / Fall 2014 (
WEEK I:	Location:	Warm-up:	Primary Training Session:	Ancillary Training:		
4-Aug-14 (Monday)	5:00 A.M.	Warm-up A	60.0 -minute RELAXED Distance Run	6 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)		
				Post-Run General Strength Routine I (Two {2} Circuits)		
				Post-Run Team Warmdown & Subsequent, Individual Static Stretching		
5-Aug-14 (Tuesday)	5:00 A.M.	Warm-up B	65.0 -minute TEMPO Distance Workout	10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)		
			15-minute Steady Distance Run	Post-Workout Team Warmdown & Subsequent, Individual Static Stretching		
			{10 x 2-minute Tempo Runs w/ 2-minute Jog Recovery}			
			10-minute Steady Distance Run			
6-Aug-14 (Wednesday)	5:00 A.M.	Warm-up C	60.0 -minute RELAXED Distance Run	6 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)		
				Post-Run General Strength Routine II (Two {2} Circuits)		
				Post-Run Team Warmdown & Subsequent, Individual Static Stretching		
7-Aug-14 (Thursday)	5:00 A.M.	Warm-up A	75.0 -minute TEMPO Distance Workout	10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)		
			15-minute Steady Distance Run	Post-Workout Team Warmdown & Subsequent, Individual Static Stretching		
			4 x 100-meter Strides			
			{Approximate 45.0-minute "Modified Tempo Run" [10 x 1,000-meter Repetitions w/ 150-second Walk Recovery / Individualized Paces to be Assigned]}			
			15-minute Relaxed Distance Run			

8-Aug-14 (Friday)	5:00 A.M.	Warm-up B	30.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Self-Selected Pace(s) (Training Shoes)
					Post-Run Team Warmdown & Subsequent, Individual Static Stretching
9-Aug-14 (Saturday)	5:00 A.M.	Warm-up C	85.0	-minute TEMPO Distance Workout w/ HILLS	7 x 150-meter Strides @ Assigned Pace(s) (Training Shoes)
					Post-Workout General Strength Routine III (Two {2} Circuits)
				20-minute Steady Distance Run	Post-Workout Team Warmdown & Subsequent, Individual Static Stretching
				{10 x 2-minute Tempo Runs w/ 1-minute, 30-second Jog Recovery}	
				30-minute Steady Distance Run w/ Hills	
10-Aug-14 (Sunday)	-----	-----		REST	-----
Total Weekly Minutes of Aerobic Running:					375
Total Weekly Minutes of Running (Aerobic Running plus Strides):					394
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:					97
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:					90%
WEEK II:	Location:	Warm-up:		Primary Training Session:	Ancillary Training:
11-Aug-14 (Monday)	5:00 A.M.	Warm-up A	65.0	-minute HILL SURGE Distance Workout	10 x 100-meter Strides @ Self-Selected Pace(s) (Training Shoes)
				10-minute Steady Distance Run	Post-Workout General Strength Routine IV (Two {2} Circuits)
				"Aerobic Hill Surges" through "Beast" Hill Circuit	Post-Workout Team Warmdown & Subsequent, Individual Static Stretching
				15-minute Tempo Distance Run	
				15- to 25-minute Steady Distance Run	
12-Aug-14 (Tuesday)	5:15 A.M.	Warm-up B	40.0	-minute RELAXED Distance Run	9 x 100-meter Strides @ Self-Selected Pace (Training Shoes)
					Post-Run Team Warmdown & Subsequent, Individual Static Stretching
13-Aug-14 (Wednesday)	5:00 A.M.	Warm-up C	40.0	-minute STEADY Distance Run	10 x 100-meter Strides @ Self-Selected Pace (Training Shoes)

				Including 10-minute Tempo Distance Run		Post-Run General Strength Routine V (Two {2} Circuits)
						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
14-Aug-14	5:00 A.M.	Warm-up A	64.0	-minute TRACK REPETITION Workout		10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)
(Thursday)				w/o HILLS		Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				20-minute Steady Distance		
				Run		
				4 x 100-meter Strides		
				{4 x 400-meter Repetitions w/ 100-meter		
				Jog Recovery}		
				1-minute, 30-second Walk Recovery		
				{4 x 400-meter Repetitions w/ 100-meter		
				Jog Recovery}		
				1-minute, 30-second Walk Recovery		
				{4 x 400-meter Repetitions w/ 100-meter		
				Jog Recovery}		
				1-minute, 30-second Walk Recovery		
				{4 x 400-meter Repetitions w/ 100-meter		
				Jog Recovery}		
				5-minute Walk Recovery		
				20-minute Relaxed Distance Run		
15-Aug-14	A.M. or P.M.	Warm-up B	25.0	-minute RELAXED Distance Run		8 x 100-meter Strides @ Self-Selected Pace(s) (Training Shoes)
(Friday)						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
16-Aug-14	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance Workout		7 x 150-meter Strides @ Assigned Pace(s) (Training Shoes)
(Saturday)				w/ HILLS		Post-Workout General Strength Routine I (Two {2} Circuits)
				20-minute Steady Distance		Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				Run		
				{10 x 2-minute Tempo Runs w/ 1-minute,		
				30-second Jog Recovery}		

				35-minute Steady Distance Run w/ Hills					
17-Aug-14 (Sunday)	-----	-----		REST		-----			
Total Weekly Minutes of Aerobic Running:									324
Total Weekly Minutes of Running (Aerobic Running plus Strides):									342
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:									62
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:									78%
WEEK III:	Location:	Warm-up:		Primary Training Session:					Ancillary Training:
18-Aug-14 (Monday)	5:00 A.M.	Warm-up A	65.0	-minute TEMPO Distance Workout w/o HILLS					10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes) Post-Workout General Strength Routine II (Two {2} Circuits) Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				15-minute Steady Distance Run					
				4 x 100-meter Strides @ Self-Selected Pace					
				{2 x "Canal Loop" Tempo Run(s) w/ Self-Selected Walk / Jog Recovery}					
				20-minute Steady Distance Run					
19-Aug-14 (Tuesday)	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distance Run					9 x 100-meter Strides @ Self-Selected Pace (Training Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
20-Aug-14 (Wednesday)	5:00 A.M.	Warm-up C	60.0	-minute STEADY Distance Run					10 x 100-meter Strides @ Self-Selected Pace (Training Shoes) Post-Run General Strength Routine III (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
				Including 10-minute Tempo Distance Run					
21-Aug-14 (Thursday)	5:00 A.M.	Warm-up A	66.5	-minute TRACK REPETITION Workout w/o HILLS					10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes) Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				20-minute Steady Distance Run					

Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:					89%
WEEK IV:	Location:	Warm-up:		Primary Training Session:	Ancillary Training:
25-Aug-14 (Monday)	5:00 A.M.	Warm-up A	68.5	-minute TEMPO Distance Workout w/ HILL CIRCUIT REPETITIONS	10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes) Post-Workout General Strength Routine V (Two {2} Circuits) Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				10-minute Steady Distance Run	
				4 Sets of {2-minute, 30-second Tempo Run / 1-minute, 30-second Jog Recovery}	
				5 Sets of {2-minute, 30-second "Dogleg" Hill Ascent / 2-minute Jog Recovery}	
				20-minute Steady Distance Run	
26-Aug-14 (Tuesday)	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distance Run	9 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Sho Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
27-Aug-14 (Wednesday)	5:00 A.M.	Warm-up C	60.0	-minute STEADY Distance Run Including 12-minute Tempo Distance Run	10 x 100-meter Strides @ Self-Selected Pace (Training Shoes) Post-Run General Strength Routine I (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
28-Aug-14 (Thursday)	5:00 A.M.	Warm-up A	70.0	-minute TRACK REPETITION Workout w/o HILLS	10 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Sho Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				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	
				1 x 1,600-meter Repetition w/ 2-minute	

				45-second Walk Recovery					
				1 x 1,600-meter Repetition w/ 5-minute Walk Recovery					
				20-minute Relaxed Distance Run					
29-Aug-14 (Friday)	A.M. or P.M.	Warm-up B	40.0	-minute RELAXED Distance Run				8 x 100-meter Strides @ Self-Selected Pace(s) (Training Shoes)	
								Post-Run Team Warmdown & Subsequent, Individual Static Stretching	
30-Aug-14 (Saturday)	5:00 A.M.	Warm-up C	90.5	-minute TEMPO Distance Workout w/ HILLS				7 x 150-meter Strides @ Assigned Pace(s) (3 x 150-m in Training Shoes)	
				20-minute Steady Distance Run				Post-Workout General Strength Routine II (Two {2} Circuits)	
				{9 x 2-minute, 30-second Tempo Runs w/ 2-minute Jog Recovery}				Post-Workout Team Warmdown & Subsequent, Individual Static Stretching	
				30-minute Steady Distance Run w/ Hills					
31-Aug-14 (Sunday)	-----	-----		REST				-----	
Total Weekly Minutes of Aerobic Running:								379	
Total Weekly Minutes of Running (Aerobic Running plus Strides):								397	
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:								75	
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:								91%	
WEEK V:	Location:	Warm-up:		Primary Training Session:				Ancillary Training:	
1-Sep-14 (Monday)	5:00 A.M.	Warm-up A	64.0	-minute TRACK REPETITION Workout w/o HILLS				10 x 100-meter Strides @ Assigned Pace(s) (4 Strides in Training Shoes)	
				20-minute Steady Distance Run				Post-Workout General Strength Routine III (Two {2} Circuits)	
				4 x 100-meter Strides				Post-Workout Team Warmdown & Subsequent, Individual Static Stretching	
				{6 x 400-meter Repetitions w/ 100-meter Jog Recovery}					

				3-minute Walk Recovery	
				{6 x 400-meter Repetitions w/ 100-meter Jog Recovery}	
				3-minute Walk Recovery	
				{6 x 400-meter Repetitions w/ 100-meter Jog Recovery}	
				5-minute Walk Recovery	
				20-minute Relaxed Distance Run	
2-Sep-14 (Tuesday)	5:15 A.M.	Warm-up B	45.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Self-Selected Pace(s) (Racing Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
3-Sep-14 (Wednesday)	5:00 A.M.	Warm-up C	75.0	-minute HILL SURGE Distance Workout	10 x 100-meter Strides @ Self-Selected Pace (Training Shoes) Post-Run General Strength Routine IV (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
				Steady Distance Run	
				"Aerobic Hill Surges" through "Beast" Hill Circuit	
				10-minute Tempo Distance Run	
				Steady Distance Run	
4-Sep-14 (Thursday)	5:15 A.M.	Warm-up A	45.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Self-Selected Pace(s) (Racing Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
5-Sep-14 (Friday)	4:30 P.M.	Warm-up B	30.0	-minute RELAXED Distance Run	5 x 100-meter Strides @ Self-Selected Pace(s) (Racing Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
6-Sep-14 (Saturday)	7:00 A.M. (JV Girl's Race)	Warm-up A	15.0	-minute RELAXED / STEADY Distance Run	
	7:30 A.M. (Black Girl's Race)		18.0	4 x 100-meter Strides -minute 5-KILOMETER RACE @ 2014 Sole Sports Running Zone	
	8:00 A.M. (Gold Girl's Race)			Cross-Country Festival	

	8:45 A.M.		35.0	-minute RELAXED Team Distance Run		Post-Run General Strength Routine V (Two {2} Circuits)
						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
7-Sep-14 (Sunday)	A.M. or P.M. (Preferably A.M.)	Abbreviated Warm-up C	35.0	-minute RELAXED Distance Run		Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
Total Weekly Minutes of Aerobic Running:						362
Total Weekly Minutes of Running (Aerobic Running plus Strides):						377
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:						55
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:						86%
WEEK VI:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:
8-Sep-14 (Monday)	5:30 A.M.	Warm-up A	60.0	-minute STEADY Distance Run		8 x 100-meter Strides @ Self-Selected Pace (Training Shoes)
						Post-Run General Strength Routine I (Two {2} Circuits)
						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
9-Sep-14 (Tuesday)	5:00 A.M.	Warm-up B	67.0	-minute TRACK REPETITION Workout w/o HILLS		8 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Sho
						Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				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 1,200-meter Repetition w/ 3-minute Walk Recovery		
				1 x 1,200-meter Repetition w/ 2-minute, 45-second Walk Recovery		
				1 x 800-meter Repetition w/ 2-minute,		

Total Weekly Minutes of Running (Aerobic Running plus Strides):				394						
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:				70						
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:				90%						
WEEK VII:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:				
15-Sep-14 (Monday)	5:00 A.M.	Warm-up A	67.8	-minute TRACK REPETITION Workout w/o HILLS		6 x 100-meter Strides @ Assigned Pace(s) (6 Strides in Training Shoe)				
						Post-Workout Team Warmdown & Subsequent, Individual Static Stretches				
				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						
				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 Strides @ Assigned Pace(s) (3 Strides in Training Shoe)				

Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:							90%
WEEK VIII:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:	
22-Sep-14 (Monday)	5:00 A.M.	Warm-up A	62.0	-minute STEADY Distance Run		10 x 100-meter Strides @ Self-Selected Pace (Training Shoes) Post-Run General Strength Routine II (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi	
23-Sep-14 (Tuesday)	5:00 A.M.	Warm-up B	70.0	-minute TEMPO Distance Workout w/ HILL CIRCUIT REPETITIONS		10 x 100-meter Strides @ Assigned Pace(s) (3 Strides in Training Sho Post-Workout Team Warmdown & Subsequent, Individual Static Stre	
				10-minute Steady Distance Run			
				4 Sets of {2-minute, 30-second Tempo Run / 1-minute, 30-second Jog Recovery}			
				6 Sets of {2-minute, 30-second "Dogleg" Hill Ascent / 2-minute Jog Recovery}			
				17-minute Steady Distance Run			
24-Sep-14 (Wednesday)	5:15 A.M.	Warm-up C	50.0	-minute RELAXED Distance Run		10 x 100-meter Strides @ Assigned Pace(s) (Training Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi Post-Run General Strength Routine III (Two {2} Circuits)	
25-Sep-14 (Thursday)	5:00 A.M.	Warm-up A	68.3	-minute TRACK REPETITION Workout w/o HILLS		4 x 100-meter Strides @ Assigned Pace(s) (Racing Shoes) Post-Workout Team Warmdown & Subsequent, Individual Static Stre	
				20-minute Steady Distance Run			
				4 x 100-meter Strides			
				1 x 1,000-meter Repetition w/ 3-minute, 45-second Walk Recovery			
				1 x 1,000-meter Repetition w/ 3-minute, 30-second Walk Recovery			
				1 x 1,000-meter Repetition w/ 3-minute, 30-second Walk Recovery			

				1 x 1,000-meter Repetition w/ 3-minute, 15-second Walk Recovery	
				1 x 1,000-meter Repetition w/ 3-minute, 15-second Walk Recovery	
				1 x 1,000-meter Repetition w/ 3-minute Walk Recovery	
				1 x 1,000-meter Repetition 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/ 5-minute Walk Recovery	
				20-minute Relaxed Distance Run	
26-Sep-14 (Friday)	Preferably A.M.	Warm-up B	40.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Assigned Pace(s) (2 Strides in Training Shoe) Post-Run Team Warmdown & Subsequent, Individual Static Stretching
27-Sep-14 (Saturday)	5:00 A.M.	Warm-up C	90.0	-minute TEMPO Distance Workout w/ HILLS	7 x 150-meter Strides @ Assigned Pace(s) (3 x 150-m in Training Shoe) Post-Workout General Strength Routine IV (Two {2} Circuits) Post-Workout Team Warmdown & Subsequent, Individual Static Stretching
				20-minute Steady Distance Run	
				{8 x 2.5-minute Tempo Runs w/ 2-minute Jog Recovery}	
				34-minute Steady Distance Run w/ Hills	
28-Sep-14 (Sunday)	-----	-----		REST	-----
Total Weekly Minutes of Aerobic Running:					380
Total Weekly Minutes of Running (Aerobic Running plus Strides):					397

Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:				73					
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:				91%					
WEEK IX:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:			
29-Sep-14 (Monday)	5:00 A.M.	Warm-up A	70.0	-minute TEMPO Distance Workout w/ HILL CIRCUIT REPETITIONS		10 x 100-meter Strides @ Assigned Pace(s) (3 Strides in Training Sho			
						Post-Workout Team Warmdown & Subsequent, Individual Static Stre			
				10-minute Steady Distance Run					
				10-minute Tempo Distance Run					
				3 Sets of {2-minute, 30-second "Dogleg" Hill Ascent / 2-minute Jog Recovery}					
				10-minute Tempo Distance Run					
				3 Sets of {2-minute, 30-second "Dogleg" Hill Ascent / 2-minute Jog Recovery}					
				13-minute Steady Distance Run					
30-Sep-14 (Tuesday)	5:30 A.M.	Warm-up B	30.0	-minute RELAXED Distance Run		8 x 100-meter Strides @ Assigned Pace(s) (Training Shoes)			
						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi			
						Post-Run General Strength Routine V (Two (2) Circuits)			
1-Oct-14 (Wednesday)	5:00 A.M.	Warm-up C	40.8	-minute TEMPO / TRACK REPETITION Workout w/o HILLS		Post-Workout Team Warmdown & Subsequent, Individual Static Stre			
				10-minute Steady Distance Run					
				10-minute Tempo Distance Run					
				10-minute Steady Distance Run					
				4 x 100-meter Strides					
				1 x 1,000-meter Repetition w/ 3-minute, 45-second Walk Recovery					
				1 x 1,000-meter Repetition w/ 3-minute,					

Total Weekly Minutes of Running (Aerobic Running plus Strides):				340						
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:				74						
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:				78%						
WEEK X:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:				
6-Oct-14 (Monday)	5:00 A.M.	Warm-up A	78.0	-minute HILL SURGE Distance Workout		Post-Workout Team Warmdown & Subsequent, Individual Static Stre				
				Steady Distance Run						
				"Aerobic Hill Surges" through "Beast" Hill Circuit						
				10-minute Tempo Distance Run						
				Steady Distance Run						
				8 Sets of {20-second Acceleration / 40- second Jog Recovery}						
7-Oct-14 (Tuesday)	5:15 A.M.	Warm-up B	50.0	-minute RELAXED Distance Run		10 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Sho				
						Post-Run General Strength Routine III (Two {2} Circuits)				
						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi				
8-Oct-14 (Wednesday)	5:00 A.M.	Warm-up C	60.0	-minute STEADY / TEMPO Distance Run		10 x 100-meter Strides @ Self-Selected Pace (Training Shoes)				
				10-minute Tempo Distance Run		Post-Run Team Warmdown & Subsequent, Individual Static Stretchi				
9-Oct-14 (Thursday)	5:00 A.M.	Warm-up A	68.6	-minute TRACK REPETITION Workout w/o HILLS		2 x 100-meter Strides @ Self-Selected Pace (Training Shoes)				
				20-minute Steady Distance Run		Post-Workout Team Warmdown & Subsequent, Individual Static Stre				
				4 x 100-meter Strides						
				1 x 1,200-meter Repetition w/ 3-minute, 30-second Walk Recovery						
				1 x 1,200-meter Repetition w/ 3-minute,						

				30-second Walk Recovery	
				1 x 1,000-meter Repetition w/ 3-minute, 15-second Walk Recovery	
				1 x 1,000-meter Repetition w/ 3-minute, 15-second Walk Recovery	
				1 x 800-meter Repetition w/ 3-minute Walk Recovery	
				1 x 800-meter Repetition w/ 3-minute 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 Distance Run	
10-Oct-14 (Friday)	Preferably A.M.	Warm-up B	40.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Assigned Pace(s) (2 Strides in Training Shoe) Post-Run General Strength Routine IV (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretching
11-Oct-14 (Saturday)	11:00 A.M.	Warm-up C	80.0	-minute TEMPO Distance Workout w/ HILLS	10 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Shoe) Post-Workout Team Warmdown & Subsequent, Individual Static Stretching
				20- to 30-minute Steady Distance Run	
				{6 x 3.0-minute Tempo Runs w/ 2-minute Jog Recovery}	
				20- to 30-minute Steady Distance Run	
12-Oct-14 (Sunday)	-----	-----		REST	General Strength Routine V (Two {2} Circuits)

Total Weekly Minutes of Aerobic Running:					377				
Total Weekly Minutes of Running (Aerobic Running plus Strides):					390				
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:					72				
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:					89%				
WEEK XI:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:			
13-Oct-14 (Monday)	TBD by Coach Perrone	Warm-up A	75.0	-minute TEMPO Distance Workout w/ HILL CIRCUIT REPETITIONS		5 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Shoes) Post-Workout Team Warmdown & Subsequent, Individual Static Stretching			
				10-minute Steady Distance Run					
				10-minute Tempo Distance Run					
				3-minute Recovery Distance Run					
				10-minute Tempo Distance Run					
				5-minute Steady Distance Run					
				6 Sets of {2-minute, 30-second "Dogleg" Hill Ascent / 2-minute Jog Recovery}					
				10-minute Steady Distance Run					
14-Oct-14 (Tuesday)	5:15 A.M.	Warm-up B	45.0	-minute RELAXED Distance Run		8 x 100-meter Strides @ Assigned Pace(s) (2 Strides in Training Shoes) Post-Run General Strength Routine I (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretching			
15-Oct-14 (Wednesday)	5:00 A.M.	Warm-up C	60.0	-minute STEADY Distance Run		10 x 100-meter Strides @ Self-Selected Pace (Training Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretching			
16-Oct-14 (Thursday)	5:00 A.M.	Warm-up A	64.0	-minute TRACK REPETITION Workout w/o HILLS		8 x 100-meter Strides @ Assigned Pace(s) (2 Strides in Training Shoes) Post-Workout Team Warmdown & Subsequent, Individual Static Stretching			
				20-minute Steady Distance Run					

Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:				81					
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:				96%					
WEEK XII:	Location:	Warm-up:	Primary Training Session:		Ancillary Training:				
20-Oct-14 (Monday)	5:00 A.M.	Warm-up A	55.0 -minute STEADY Distance Run		8 x 100-meter Strides @ Assigned Pace(s) (2 Strides in Training Shoe) Post-Run Team Warmdown & Subsequent, Individual Static Stretching				
21-Oct-14 (Tuesday)	5:00 A.M.	Warm-up B	75.0 -minute TEMPO Distance Workout w/ HILL CIRCUIT REPETITIONS		5 x 100-meter Strides @ Assigned Pace(s) (5 Strides in Training Shoe) Post-Workout Team Warmdown & Subsequent, Individual Static Stretching General Strength Routine IV (Two {2} Circuits)				
			10-minute Steady Distance Run						
			10-minute Tempo Distance Run						
			3-minute Recovery Distance Run						
			10-minute Tempo Distance Run						
			5-minute Steady Distance Run						
			6 Sets of {2-minute, 30-second "Dogleg" Hill Ascent / 2-minute Jog Recovery}						
			10-minute Steady Distance Run						
22-Oct-14 (Wednesday)	5:15 A.M.	Warm-up C	45.0 -minute RELAXED Distance Run		7 x 100-meter Strides @ Assigned Pace(s) (2 Strides in Training Shoe) Post-Run Team Warmdown & Subsequent, Individual Static Stretching				
23-Oct-14 (Thursday)	5:00 A.M.	Warm-up A	40.8 -minute TEMPO / TRACK REPETITION Workout w/o HILLS		Post-Workout Team Warmdown & Subsequent, Individual Static Stretching General Strength Routine V (One {1} Circuit)				
			10-minute Steady Distance Run						
			10-minute Tempo Distance Run						
			10-minute Steady Distance Run						
			4 x 100-meter Strides						

				1 x 1,000-meter Repetition w/ 3-minute, 45-second Walk Recovery	
				1 x 1,000-meter Repetition w/ 3-minute, 45-second 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	
				1 x 200-meter Repetition w/ Self-Selected Walk Recovery	
24-Oct-14 (Friday)	12:00 P.M.	Warm-up B	30.0	-minute RELAXED Distance Run	5 x 100-meter Strides @ Assigned Pace(s) (Racing Shoes) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
25-Oct-14 (Saturday)	9:32 A.M. PST (Girls' Junior Varsity National Championship Race)	Warm-up A	15.0	-minute RELAXED / STEADY Distance Run	Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
				4 x 100-meter Strides	
			18.0	-minute 2.93-MILE RACE @ 2014 Mount San Antonio College Cross-Country Invitational	
	10:21 A.M. PST (Girls' Team Sweepstakes Race)				
			30.0	-minute RELAXED Team Distance Run	
26-Oct-14 (Sunday)	A.M. or P.M. (Preferably A.M.)	Abbreviated Warm-up C	30.0	-minute RELAXED Distance Run	Post-Run Team Warmdown & Subsequent, Individual Static Stretchi General Strength Routine I (Two {2} Circuits)
Total Weekly Minutes of Aerobic Running:					339
Total Weekly Minutes of Running (Aerobic Running plus Strides):					349
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:					74

Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:				80%				
WEEK XIII:	Location:	Warm-up:		Primary Training Session:		Ancillary Training:		
27-Oct-14 (Monday)	5:00 A.M.	Warm-up A	60.0	-minute STEADY Distance Run		8 x 100-meter Strides @ Self-Selected Pace (Training Shoes)		
						Post-Run General Strength Routine II (Two {2} Circuits)		
						Post-Run Team Warmdown & Subsequent, Individual Static Stretchi		
28-Oct-14 (Tuesday)	5:00 A.M.	Warm-up B	66.5	-minute TRACK REPETITION Workout w/o HILLS		4 x 100-meter Strides @ Assigned Pace(s) (Racing Shoes)		
						Post-Workout Team Warmdown & Subsequent, Individual Static Stre		
				20-minute Steady Distance Run				
				4 x 100-meter Strides				
				1 x 1,000-meter Repetition w/ 3-minute, 40-second Walk Recovery				
				1 x 1,000-meter Repetition w/ 3-minute, 40-second Walk Recovery				
				1 x 1,000-meter Repetition w/ 3-minute, 20-second Walk Recovery				
				1 x 1,000-meter Repetition w/ 3-minute, 20-second Walk Recovery				
				1 x 1,000-meter Repetition w/ 3-minute Walk Recovery				
				1 x 1,000-meter Repetition 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				

				1 x 200-meter Repetition w/ 2-minute Walk Recovery	
				1 x 200-meter Repetition w/ 5-minute Walk Recovery	
				20-minute Relaxed Distance Run	
29-Oct-14 (Wednesday)	5:15 A.M.	Warm-up C	55.0	-minute RELAXED Distance Run	8 x 100-meter Strides @ Assigned Pace(s) (Training Shoes) Post-Run General Strength Routine III (Two {2} Circuits) Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
30-Oct-14 (Thursday)	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 Shc Post-Run Team Warmdown & Subsequent, Individual Static Stretchi
				10-minute Tempo Distance Run	
31-Oct-14 (Friday)	5:00 A.M.	Warm-up B	64.8	-minute TRACK REPETITION Workout w/o HILLS	4 x 100-meter Strides @ Assigned Pace(s) (Racing Shoes) Post-Workout Team Warmdown & Subsequent, Individual Static Stre
				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, 40-second Walk Recovery	

				1 x 400-meter Repetition w/ 1-minute, 20-second Walk Recovery									
				1 x 300-meter Repetition w/ 1-minute Walk Recovery									
				1 x 200-meter Repetition w/ 40-second Walk Recovery									
				1 x 100-meter Repetition w/ 5-minute, Walk Recovery									
				20-minute Relaxed Distance Run									
1-Nov-14 (Saturday)	5:30 A.M.	Warm-up C	85.0	-minute RELAXED Distance Run w/ HILLS						7 x 150-meter Strides @ Assigned Pace(s) (3 x 150-m in Training Sho			
										Post-Run Team Warmdown & Subsequent, Individual Static Stretchi			
2-Nov-14 (Sunday)	-----	-----		REST						General Strength Routine IV (Two {2} Circuits)			
Total Weekly Minutes of Aerobic Running:										391			
Total Weekly Minutes of Running (Aerobic Running plus Strides):										407			
Total Weekly Minutes of Tempo, Progression, and / or "Up-Tempo" Running:										61			
Total Training Volume as Percentage (%) of Goal Peak Fall 2014 Training Volume:										93%			