

June 2008 - BASE PHASE

The objective of your running in June is just “to get miles”. The paces can be casual on most days, a pace that isn’t hard, but isn’t jogging either. By the third week, short “threshold paced” (up-tempo pace) runs will start and the long run will also increase in distance. LR’s should

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8 WEEK ONE off</i>	<i>9 Easy 4 miles/30 mins</i>	<i>10 Easy 4 miles/30 mins</i>	<i>11 Easy 4 miles/30 mins</i>	<i>12 Easy 4 miles/30 mins</i>	<i>13 Easy 5 miles/37 mins</i>	<i>14 off</i>
<i>15 WEEK TWO Off/rest</i>	<i>16 Easy 5+ miles/40 minutes</i>	<i>17 5+ miles in 40 min- utes</i>	<i>18 5+ miles in 40 min- utes</i>	<i>19 40 minutes. Mid-run, 3x3 minute surges. 5 minutes easy be- tween surges</i>	<i>20 45 minutes, up to 6 miles</i>	<i>21 40 minutes</i>
<i>22 WEEK THREE Off/rest</i>	<i>23 40 minutes, last <u>10</u> minutes at <u>threshold</u> <u>pace</u></i>	<i>24 45 minutes</i>	<i>25 45 minutes Finish with 3x50-60 meter accelerations on grass</i>	<i>26 50 minutes in hills. Surge the hills and crests</i>	<i>27 40 minutes, last <u>10</u> minutes at <u>threshold</u> <u>pace</u></i>	<i>28 55 minutes (8 miles)</i>
<i>29 WEEK FOUR Off/rest</i>	<i>30 AM: 20 minutes easy PM: 30 minutes under 7:00 per mile</i>	<i>1 45 minutes 4x3 minute surges in middle of run, with 5 min recoveries</i>	<i>2 AM: 20 minutes PM 40 minutes ... 20 easy, <u>20 at threshold</u> <u>pace</u></i>	<i>3 50 minutes Finish with 4x50-60 meter accelerations</i>	<i>4 AM: Anaheim Hills <u>10K: run it as a</u> <u>threshold run,</u> PM: 20 mins easy</i>	<i>5 60 minutes (8.5-9 miles)</i>

July 2008—BASE PHASE

Three times a week, two-a-days. The shorter run should be easy paced. Long runs increase up to your max distance/time, 80 minutes. Threshold runs increase in distance weekly. Once team practice starts on July 21, the shorter run of the two-a-days will switch to the afternoon.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 WEEK FOUR Off/rest ✗	30 AM: 20 minutes easy PM: 30 minutes under 7:00 per mile	1 45 minutes 4x3 minute surges in middle of run, with 5 min recoveries	2 AM: 20 minutes PM 40 minutes ... 20 easy, <u>20 at threshold pace</u>	3 50 minutes Finish with 4x50-60 meter accelerations	4 AM: Anaheim Hills <u>10K: run it as a threshold run.</u> PM: 20 mins easy	5 60 minutes (8.5-9 miles)
6 WEEK FIVE Off/rest ✗	7 AM: 20 minutes PM: 15 minutes easy, <u>20 minutes at threshold</u>	8 Easy paced 45-50 minutes	9 AM: 20 minutes PM: 25 minutes with 5x50-60 meter accels on grass	10 50 minutes in hills	11 AM: 20easy PM: 30 mins easy	12 65 minutes (9.5 miles)
13 WEEK SIX Off/rest ✗	14 AM: 25 minutes PM: 39 minutes ... 5 jog, <u>8 threshold, 5 jog, 8 threshold, 5 jog, 8 threshold</u>	15 50 minutes	16 AM: 25 minutes PM: 35 easy, finish with 6x50-60 meters accels on grass	17 <u>Long Hills</u> Canyon Crest, 5x4:00 minutes (steady paced)	18 AM 20 easy PM 20 easy	19 70 minutes (10+ miles)
20 WEEK SEVEN Off/rest ✗	21 TEAM PRACTICE AM 45 minutes PM: 25 minutes easy	22 50 minutes + drills	23 AM: 35 minutes PM: 30 easy	24 50 minutes in hills + drills with 8x50 meters accels	25 AM: 30 easy PM: 30 easy	26 75 minutes
27 WEEK EIGHT Off/rest ✗	28 AM: 10 mins easy, <u>25 threshold 10 mins easy</u> PM: 32 minutes	29 50 minutes + 6x10 second hill sprints+ drills	30 AM: 25 easy with 8x50 mter accels, drills PM: 30 easy	31 75 mins steady	1 AM: 3 mile TT, + 30 minutes easy PM: 25 in pool	2 40 minutes Car wash following

August 2008

We are in the base phase of our training. Emphasis is on putting in the miles, gaining greater conditioning and fitness, increasing endurance and overall strength. Occasional time trials are included to gauge progress

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 AM: 3 mile TT, + 30 minutes easy PM: 25 in pool	2 30 minutes
3 WEEK NINE Off/rest X	4 AM: 40 minutes + 8x50 meters accels PM: 30 minutes	5 65 minutes + 6x10 second hill sprints	6 AM 30 easy finish with 8x50 meters accels PM 25 easy in pool	7 AM: Vets: long hills in Sycamore Canyon Rookies: 3 mile TT	8 Off/rest X	9 Mammoth rock trail 7 miles
10 WEEK TEN AM: Convict lake PM: 4 easy	11 Inyo: 60 minutes PM : easy 30 mins	12 AM: Red's Meadow PM: 25 mins easy	13 AM: Deadman's Hill PM: 25 mins easy 8x50 meters accels	14 Big Smokey 12 miles PM. Shady Rest stretching and drills	15 AM Downtown PM: easy run at June Lake	16 2.5 mile TT + 2 miles
17 WEEK ELEVEN Off Rest X	18 AM: 40 minutes easy 8x50 meters accels PM: 25 minutes easy	19 3 mile TT, + 30 minutes conf. TT for team selection	20 OFFICIAL 1ST DAY. AM 40 minutes + 6x10 second hill sprints PM: 25 minutes easy	21 8-10 x1200 cruise intervals	22 40 minutes easy 8x50 meters accels PM: 25 minutes	23 80 minutes
24 WEEK TWELVE Off Rest X	25 School Starts PM: 40 minutes easy	26 AM: 20 minutes PM: Hot! 3 mile tempo, then sprints	27 AM 25 minutes PM: Hill repeats boys 7, girls 4	28 55 minutes	29 AM: 25 minutes PM 35 minutes	30 MtSAC workout Hills, surges
31 Off Rest X		Color coding:	Moderate Intensity run.	Stronger intensity day	Long Run	Target effort day. High intensity

September 2008

Continued base phase up until the third week of this month. Continued emphasis on strength, longer intervals and threshold runs. Racing starts, used as more “intense” workouts.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEK THIRTEEN	1 LABOR DAY AM: Long Run 11 miles 80 minutes PM: 20 minutes jog	2 Recovery 40 minutes+ 8x60 meters	3 AM 25 minutes Threshold 30 minutes plus 30 minutes easy	4 Recovery 50 minutes + 6x10 second hill sprints	5 AM 25 minutes PM 35 minutes	6 At La Sierra course area: 5x1000 meters on terrain.
7 WEEK 14 ✗	8 AM 25 minutes PM: 45 minutes + 8x50 meters accels	9 NAILED IT! 1 up/down 2x2K 2x1200 2x800 all at RP	10 AM 25 minutes PM 50 minutes	11 PM 55 minutes + 6x10 second hill sprints	12 AM: 20 Minutes PM Seaside Invite <u>School record team times.</u>	13 80 minutes at canal. Girls 10 miles Boys 11 miles Ran slowly
14 WEEK 15 ✗ LAST WEEK OF BASE PHASE	15 AM 25 minutes PM 6-8 grove comm. hill	16 50 minutes recovery + 6x10 second hill sprints	17 AM 25 minutes PM: 20 minutes + 25 minutes threshold	18 60 minutes + 8x50 meters accels	19 AM 25 minutes PM 50 minutes	20 Mt. Carmel + 3 miles
21 WEEK 16 ✗ FIRST WEEK OF PRE-COMP PHASE <u>Note: AM's: down to 2 per week</u>	22 AM 25 minutes PM 30 minutes + 20 minute threshold + 6x10 second hill	23 45 minutes	24 League Meet 1	25 AM: 25 minutes PM: 25 minutes + 8x50 meters accels	26 1 up 16x400 on 3 minute interval Half down	27 45 minutes easy
28 WEEK 17 ✗	29 AM 25 minutes PM 30 minutes	30 50 minutes + 6x10 second hill sprints	Moderate Intensity run.	Stronger intensity day	Long Run	Target effort day. High intensity

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 AM 30 minutes PM: 50 minutes + 8x60 meters accels	30 2x 2k 2x1200, 2x800	1 AM: 30 minutes PM: 40 minutes	2 PM: Long run, 80 minutes	3 PM: 50 minutes	4 Central Park Invite
5 WEEK 18	✗ 6 AM 25 minutes PM: 50 minutes +8x60 meter accels	7 PM: 1x10 minutes, 1x5 minutes, 1x3 min- utes, 1x 2 minutes	8 AM 30 minutes PM.35 minutes + 6 x 10 second hills	9 PM 35 minutes in hills, working each	10 Leave for Clovis Course run thru plus 2 miles	11 Clovis
12 WEEK 19	✗ 13 AM 27 minutes PM: 8.5 miles, Can- yion Crest route steady pace	14 45 minutes comfort- able	15 AM: 25 minutes 40 minutes easy	16 League Meet #2	17 45 minutes easy in scavenger hunt style. Several stops Total 5 miles	18 Jog Norco course. 6x2:15 hill repeats
19 WEEK 20	✗ 20 AM 30 minutes PM 45 minutes 6x10 second hill sprints	21 1x mile 5x850 meters in hills off mariposa, 1 up, 1 down	22 AM 30 minutes PM 40 minutes	23 40 minutes + 8x50 meters accels	24 30 minutes	25 Mt.SAC
26 WEEK 21 Competition Phase Begins AM 25 minutes	27 rest/off Team photo day	✗ 28 AM: pool 30 mns 6x1100 meters at ber- gamont. 1 up, .25 down	29 CIF Team: 5.75 easy	30 am: pool 30 mins PM: 1x1600 4x400 on track	31 20 jog. Full stretch at a park 20 jog	1 Long run for CIF teams: 9 and 10 miles, last 2.7 miles at threshold.

November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Long run for CIF teams: 9 and 10 miles, last 2.7 miles at threshold.</i>
2 WEEK 22 ✗	3 <i>5x800 cruise intervals At thundrsky</i>	4 <i>30 minutes easy 5x50 meters accels</i>	5 <i>Easy 20-30 minutes</i>	6 <i>League Finals Boys 3rd Girls 2nd</i>	7 <i>Easy 35 minutes stretching</i>	8 <i>20 mins tempo run. With 10 minutes up and 10 down</i>
9 WEEK 23 ✗	10 <i>2xmile with 1.5 miles jog recovery 2 up, 1/2 down</i>	11 <i>40 minutes on the canal. Easy/slow</i>	12 <i>4x800 with 1:00 rest</i>	13 <i>30 minutes with 3x50 meters sprints in mid- dle</i>	14 <i>27 minutes easy</i>	15 <i>2 mile race!! CIF D1 Prelims Girls 2nd Boys 5th</i>
16 WEEK 24 <i>Jog for 15 minutes</i>	17 <i>35 mins easy</i>	18 <i>1xmile at threshold 2x800 at cruise inter- val pace on track</i>	19 <i>50 minutes at Canal</i>	20 <i>30 minutes easy, last 4 at tempo</i>	21 <i>25 minutes</i>	22 <i>CIF D1 Finals</i>
23 WEEK 25 <i>Jog for 15-20 minutes</i>	24 <i>37 minutes easy</i>	25 <i>51 minutes, last 2.5 miles at threshold</i>	26 <i>3.5 miles easy</i>	27 <i>3.5 miles with 2x3:00 and 1x2:00 in middle</i>	28 <i>Run thru course.</i>	29 <i>State Championships</i>
30						