

Week	Day		Pre-Run	Workout	Post-Run
1	1	Monday	Dynamic WU	5 x 100m strides on the turf with 60-120 seconds recovery. <i>The 100m strides can be 20 sec strides if at a trail or park.</i>	Red Easy
	2	Tuesday	Dynamic WU	Circuit for 10 min total (not 10 min of running, 10 min total)	Barefoot 1
	3	Wednesday	Dynamic WU	They don't need to run today, but if they're having fun after two days...5 x 100m strides on the turf with 60-120 seconds recovery. <i>The 100m strides can be 20 sec strides if at a trail or park.</i>	Red Easy
	4	Thursday	Dynamic WU	5-6 x 100m strides on the turf with 60-120 seconds recovery. <i>The 100m strides can be 20 sec strides if at a trail or park.</i>	Red Easy
	5	Friday	Speed Development WU	Speed Development - Day 1	Red Hard
	6	Saturday			
	7	Sunday			
2	8	Monday	Dynamic WU	5-7 x 100m strides on the turf with 60 seconds recovery, then possibly 5 min run. See how they look on the strides. If they're fatigued then don't have them run.	Red Easy
	9	Tuesday	Dynamic WU	Circuit for 15 min total (not 15 min of running, 15 min total)	Barefoot 1
	10	Wednesday	Dynamic WU	They don't need to run today, but if they're having fun after two days...7 x 100m strides on the turf with 60-120 seconds recovery. <i>The 100m strides can be 20 sec strides if at a trail or park.</i>	Red Easy
	11	Thursday	Dynamic WU	5-8 x 100m strides on the turf with 60 seconds recovery, then possibly 5 min run. See how they look on the strides. If they're fatigued then don't have them run.	Red Easy
	12	Friday	Speed Development WU	Speed Development - Day 2	Red Hard
	13	Saturday		Off	
	14	Sunday		Off	
3	15	Monday	Speed Development WU	Note: This week of training is harder. Speed Development - Day 3. Note: This week of training is harder.	Red Hard
	16	Tuesday	Dynamic WU	5 min run, then follow progression of strides PDF. They won't be on "A" - probably "B" and maybe "C."	Red Easy
	17	Wednesday	Dynamic WU	5-8 min run, then follow progression of strides PDF. They won't be on "A" - probably "B" and maybe "C."	Red Hard
	18	Thursday	Dynamic WU	5 min run, then follow progression of strides PDF. They won't be on "A" - probably "B" and maybe "C."	Red Easy
	19	Friday	Speed Development WU	Speed Development - Day 4	Red Hard
	20	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	21	Sunday		Off	
4	22	Monday	Speed Development WU	Speed Development - Day 5	Red Hard
	23	Tuesday	Dynamic WU	5 min run, then follow progression of strides PDF	Red Easy
	24	Wednesday	Dynamic WU	3 min easy, then 4-8 minutes of 1 min on, 1 min steady fatlek, then 1 min easy, then follow progression of strides PDF	Red Hard
	25	Thursday	Dynamic WU	5 min run, then follow progression of strides PDF	Red Easy
	26	Friday	Speed Development WU	Speed Development - Day 6	Red Hard
	27	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	28	Sunday		Off	
5	29	Monday	Speed Development WU	Note: This week of training is harder because they may be doing Orange. Speed Development - Day 7	Red or Orange Hard. Do not move them to Orange unless you know they can handle it.
	30	Tuesday	Dynamic WU	5-7 min run, then follow progression of strides PDF	Red or Orange Easy
	31	Wednesday	Dynamic WU	3 min easy, then 6-10 minutes of 1 min on, 1 min steady fatlek, then 1 min easy, then follow progression of strides PDF	Red or Orange Hard
	32	Thursday	Dynamic WU	5-7 min run, then follow progression of strides PDF	Red or Orange Easy
	33	Friday	Speed Development WU	Speed Development - Day 7 (same as Monday)	Red or Orange Hard

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	34	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	35	Sunday		Off	
6	36	Monday	Speed Development WU	Note: This week of training is harder because they may be doing Orange. Speed Development - Day 8	Red or Orange Hard. Do not move them to Orange unless you know they can handle it.
	37	Tuesday	Dynamic WU	6-8 min run, then follow progression of strides PDF	Red or Orange Easy
	38	Wednesday	Dynamic WU	3 min easy, then 6-12 minutes of 30 sec on, 90 sec steady fatlek, then 1 min easy, then follow progression of strides PDF	Red or Orange Hard
	39	Thursday	Dynamic WU	6-8 min run, then follow progression of strides PDF	Red or Orange Easy
	40	Friday	Speed Development WU	Speed Development - Day 8 (same as Monday)	Red or Orange Hard
	41	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	42	Sunday		Off	
7	43	Monday	Speed Development WU	10-12 min run, then follow progression of strides PDF, then Orange Hard. This will be hard day because they're doing Orange Hard. If they are already at Orange hard, then you can do Day 9 speed development today.	Orange Hard
	44	Tuesday	Dynamic WU	6-8 min run, then follow progression of strides PDF	Orange Easy
	45	Wednesday	Dynamic WU	3 min easy, then 8-14 minutes of 30 sec on, 90 sec steady fatlek, then 1 min easy, then follow progression of strides PDF	Orange Hard
	46	Thursday	Dynamic WU	6-8 min run, then follow progression of strides PDF	Orange Easy
	47	Friday	Speed Development WU	Speed Development - Day 10	Orange Hard
	48	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	49	Sunday		Off	
8	50	Monday	Speed Development WU	Note: Wed we practice the pre-race warm-up so next week we can do a time trial on Tue. Speed Development - Day 11	Orange Hard
	51	Tuesday	Dynamic WU	8-10 min run, then follow progression of strides PDF	Orange Easy
	52	Wednesday	Pre-race Warm-up	Circuit for 20-25 min total (not 20-25 min of running, 20-25 min total)	Barefoot 1
	53	Thursday	Dynamic WU	8-10 min run, then follow progression of strides PDF	Orange Easy
	54	Friday	Speed Development WU	Speed Development - Day 11	Orange Hard
	55	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	56	Sunday		Off	
9	57	Monday	Pre-Race warm-up	If you don't have a meet by this time in the year, you want a Time Trial.	Pre-race post-run
	58	Tuesday	Race Day warm-up	3 x 100m strides. <b>Time Trial:</b> 1,000m or 1,200m. You can wheel this out at a park or do it on the track. They might not like the track	Race Day Post-run
	59	Wednesday	Dynamic WU	8-10 min run, then just 4 x 100m easy strides	Orange Easy
	60	Thursday	Dynamic WU	Ultimate Frisbee for just 20 min. Or they can do nothing and take a day off. Great day to go to the pool. They may be sore after running all out on Tuesday.	Orange Easy
	61	Friday	Dynamic WU	Note: Hard post-run...8-10 min run, then just 4 x 100m easy strides	Orange Hard
	62	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	63	Sunday		Off	
10	64	Monday	Speed Development WU	Speed Development - Day 12	Orange Hard
	65	Tuesday	Dynamic WU	10-12 min run, then follow progression of strides PDF	Orange Easy

Week	Day		Pre-Run	Workout	Post-Run
	66	Wednesday	Dynamic WU	3 min easy, progression run, 1 min cool. The progression can be 3 min steady, 3 min faster, 3 min fast but controlled, or, it can be 4 min steady, 4 min faster, 4 min controlled. They don't need 5-5-5 today...if you really want them to do more they can do 4 min steady, 4 min faster, 3 min faster, 3 min fast but controlled.	Orange Hard
	67	Thursday	Dynamic WU	8-12 min run, then follow progression of strides PDF	Orange Easy
	68	Friday	Speed Development WU	Speed Development - Day 12	Orange Hard
	69	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	70	Sunday		Off	
11	71	Monday	Pre-Race warm-up	If you don't have a meet by this time in the year, dyou want a Time Trial.	Pre-race post-run
	72	Tuesday	Race Day warm-up	3 x 100m strides. <b>Time Trial:</b> 1,600m or 2,000m. You can wheel this out at a park or do it on the track. They might not like the tra	Race Day Post-run
	73	Wednesday	Dynamic WU	8-10 min run, then just 4 x 100m easy strides	Orange Easy
	74	Thursday	Dynamic WU	Ultimate Frisbee for just 20 min. Or they can do nothing and take a day off. Great day to go to the pool. They may be sore after running all out on Tuesday.	Orange Easy
	75	Friday	Dynamic WU	Note: Hard post-run...8-10 min run, then just 4 x 100m easy strides	Orange Hard
	76	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	77	Sunday		Off	
12	78	Monday		Speed Development - Day 12	Orange Hard
	79	Tuesday		10-12 min run, then follow progression of strides PDF	Orange Easy
	80	Wednesday		3 min easy, progression run then 1 min easy. The progression can be 3-4 min steady, 3-4 min faster, 3-4 min fast but controlled. They can also do 4 min steady, 4 min faster, 3 min faster, 3 min fast but controlled.	Orange Hard
	81	Thursday		8-12 min run, then follow progression of strides PDF	Orange Easy
	82	Friday		Speed Development - Day 12	Orange Hard
	83	Saturday		Off...but if they are loving track a brisk walk for 10-20 min, or a day at the pool is great - not formal swimming, just playing.	
	84	Sunday		Off	