

December 2015 Deer Valley Distance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 A: 4 miles B: 3 miles C: 3 miles Strides/Core	1 All Groups 2 WU Ultimate Frisbee All Groups 1 mile CD	2 Home Soccer A: 4 miles B: 3 miles C: 2 miles Strides/Core	3 Home Soccer All groups run to Chaparral Park – Kick Ball Run back to Campus	4 No Practice No Running	5 A: 6 miles B: 5 miles C: 3 miles Strides/Core
6 No Running	7 A: 6 miles B: 4 miles C: 3 miles Strides/Core	8 All 15:00 WU 6 x flying 30s (3:00 recovery) A/B: 4 miles C: 2 miles Plyometrics/Core	9 All 2 mile WU Ultimate Frisbee A/B: 1 mile CD	10 Home Soccer A: 5 miles B: 3 miles C: 3 miles Strides/Core	11 A: 7 miles B: 6 miles C: 5 miles Strides/Plyometrics/ Core	12 No Running
13 No Running	14 Home Soccer A: 5 miles B: 3 miles C: 3 miles	15 All 15:00 WU 2 mile time trial A: 2 mile CD B/C: 1 mile CD Plyometrics/Core	16 On your own A: 4 miles B: 3 miles C: no running	17 Home Soccer All 15:00 wu A/B: 5x1200@85%VO2 C: 4x1200@85%VO2 A: 2 CD, B/C: 1 CD Core LT	18 Home Soccer A: 8 miles B: 7 miles C: 5 miles	19 Annual DV Ultimate Game 10:00 am – School (2 WU – then game)
20 No Running	21 All: 2 mile wu 6xhill repeats (3:00) A: 3 mile CD B/C: 2 mile CD Core hills	22 A: 9 miles B: 7 miles C: 6 miles LR Strides/Plyos/Core	23 All 15:00 WU Modified Fartlek 7 x (:45 on, 2:15 off) A/B: 2 mile CD C: 1 mile CD Core	24 Christmas Eve On your Own A: 7 miles B: 6 miles C: 4 miles Core	25 Christmas On Your Own A: 5 miles B: 3 miles C: 2 miles Core	26 A: 7 miles B: 6 miles C: 3 miles Strides/plyos/core
27 No Running	28 A: 6 miles B: 5 miles C: 4 miles Strides/Plyos/Core RR	29 All 15:00 WU 7 x flying 30s (3:00 recovery run) A/B: 4 miles C: 2 miles Core <i>alactic</i>	30 A: 6 miles B: 5 miles C: 4 miles Strides/plyos/Core RR	31 All 15:00 WU A/B: 2x2400,1x1200m @83%VO2 (1:15 recovery) C: 2x2400@83%VO2 (1:15 recovery) A/B: 2 miles CD C: 1 mile CD Core <i>LT</i>	1 Happy New Years! On Your Own A: 6 miles B: 5 miles C: 4 miles	2 A: 9 miles B: 8 miles C: 6 miles Strides/Core