

# August 2016 Deer Valley Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 <b>on your own</b> A: 5 miles B: 3 miles C: 3 miles</p>	<p>1 All 15:00 WU A/B: 7x1200m (:30 rec) C: 5x1200m (:30-:45 rec) @86%VO2max A/B: 3 mile CD C: 1 mile CD <b>Core</b> LT</p>	<p>2 All 15:00 WU 6x300m@400max *.73 (103% 400) 8:00 active recovery A/B: 3 mile C: 1 mile CD <b>Core, plyometrics</b> SE1 on grass</p>	<p>3 HIIT (2:30/:20/:10) A: 7 miles B: 5 miles C: 5 miles MS: 3 miles <b>Strides, Core</b> RR</p>	<p>4 All 15:00 WU HS: 3200 meter time trial MS: 2400 meter race (grass) A/B: 4 miles C: 2 miles <b>Core, Plyometrics</b> VO2 max</p>	<p>5 <b>on your own</b> A: 7 miles B: 5 miles C: 4 miles RR</p>	<p>6 HIIT (2:30/:20/:10) A: 12 miles B: 10 miles C: 7 miles <b>Core, Strides</b> LR</p>
<p>7 <b>on your own</b> A: 7 miles B: 4 miles C: 4 miles</p>	<p>8 All 2 mile WU to 47<sup>th</sup> ave hill 6 x 200 meter repeats A: 3 mile run to campus + B/C: 2 mile run to campus <b>Plyometrics/Core</b> Alactic/hills</p>	<p>9 All 15:00 WU A: 6x1200 @95%VO2 B: 5x1200 @95%VO2 C: 5x1000 @95%VO2 Equal rest All: 2 mile CD <b>Core</b> VO2</p>	<p>10 <b>First Day of School</b> HIIT (2:30/:20/:10) A: 5 miles B: 4 miles C: 4 miles <b>Strides/Core</b> RR</p>	<p>11 HIIT (2:30/:20/:10) All 15:00 WU A/B: 8x400m (3:00 rec) C: 6x400m (3:00 rec) (1600date – 5 sec /lap) A/B: 2 mile cooldown C: 1 mile cooldown <b>Core</b> SE2</p>	<p>12 A: 5 miles B: 3 miles C: 3 miles <b>Strides/Plyometrics/Core</b> RR</p>	<p>13 HIIT (2:30/:20/:10) A: 10 miles B: 8 miles C: 7 miles A/B: Tempo 5-7 @83% C: tempo 4-5 @83% <b>Strides/Core</b> LR</p>
<p>14 <b>on your own</b> A: 5 miles B: 3 miles C: Rest Day</p>	<p>15 All 15:00 WU A/B: 6x800 meters C: 5x800 meters @100%VO2max equal rest A/B: 2 mile CD C: 1 mile CD <b>Core</b> VO2max</p>	<p>16 HIIT (2:30/:20/:10) All 15:00 WU 12 x flying 30 (3:00 rest) w/ 400 meter rec runs A: 3 miles B/C: 2 miles <b>Plyometrics/Core</b> alactic</p>	<p>17 A: 12 miles B: 10 miles C: 7 miles <b>Core, Strides</b> LR</p>	<p>19 All 15:00 WU A/B: 8 x 200 meters (track) C: 7 x 200 meters @400max*.48 (7:00 rest – 800 meter runs) A/B: 2 mile CD C: 1 mile CD <b>Core</b> SE1 on track</p>	<p>20 HIIT (2:30/:20/:10) A: 7 miles B: 4 miles C: 3 miles <b>Strides/Plyometrics/Core</b> RR</p>	<p>21 <b>Michigan Workout</b>  Bring a bucket just in case</p>
<p>22 <b>on your own</b> A: 7 miles B: 3 miles C: 2 mile RR</p> <p>29 <b>on your own</b> A: 7 miles B: 3 miles C: 3 miles</p>	<p>23 All 15:00 WU A/B: 5x1600m (1:00 rec) C: 4x1600m (1:15 rec) @88%VO2max On greenbelt loop A/B: 2 mile CD C: 1 mile CD <b>Core</b> LT</p>	<p>24 HIIT (2:30/:20/:10) A: 9 miles B: 5 miles C: 5 miles <b>Strides/Plyos/Core</b> RR</p>	<p>25 HIIT (2:30/:20/:10) All 15:00 WU A/B: 6x350m @.85* max400 C: 5x350 @.85*max 400 3:00 – 4:00 rest as needed A/B: 2 mile CD C: 1 mile CD <b>Core</b> SE2 on grass</p>	<p>26 All 15:00 WU 4x100m @.25*400max (3:00 recovery) on track 10:00 recovery 3x1280m @94%VO2 equal recovery on grass A/B: 3 miles C: 2 miles SE and VO2 <b>Core</b></p>	<p>27 HIIT (2:30/:20/:10) A: 7 miles B: 6 miles C: 4 miles <b>Strides/Plyometrics/Core</b> RR</p>	<p>28 <b>Time Trial</b> A: 3 WU, 4 CD B: 3 WU, 3 CD C: 2 WU, 2 CD <b>5k race</b></p>