

February 2016 DV Distance (800/1600)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 On your own A: 7 miles B: 5 miles C: 4 miles RR	1 All 15:00 WU All 8x400 @3200*110% + 5 sec faster per lap 3:00 recovery A/B: 2 mile CD C: 1 mile CD Core <i>SE2 on track</i>	2 ULTG A: 7 miles B: 5 miles C: 4 miles Strides/Plyos/Core RR	3 No School PM Practice All 15:00 WU A: 6600 m (22 laps) B: 5700 m (19 laps) C: 5100 m (17 laps) 5:00 on/5:00 recovery A/B: 2 mile CD C: 1 mile CD <i>VO2 on grass</i>	4 A: 8 miles B: 5 miles C: 4 miles Strides/Plyos/Core RR	5 All 15:00 WU 6 x 30 sec w/3:00 on grass A: 4 miles B/C: 3 miles Core <i>SE1 on grass</i>	6 A: 12 miles B: 10 miles C: 7 – 8 miles Strides/Core LR
7 On your own A: 7 miles B: 4 miles C: 3 miles RR	8 All 15:00 WU 10x flying 40s w/lap run 3:30 recovery A/B: 4 miles C: 3 miles Core <i>alactic on track</i>	9 All 15:00 WU A/B: 16/12/10/8/4@ 95,95,97,97,100%VO2max C:12/10/8/4@ 95,97,97,100%VO2max Equal rest A/B: 2 mile CD C: 1 mile CD Core <i>VO2max on grass</i>	10 All 15:00 WU A/B: 6x150m@.35*400D C: 4x150@.35*400date 4:00 recovery A/B: 4 miles C: 2 miles Core <i>SE on track</i>	11 Half Day A: 8 miles B: 4 miles C: 4 miles Strides/Core RR	12 Half Day All: Run to 47 th ave hill 3 x 3:00 hill repeats – jog recovery down A: 3 mile run B: 2 mile run Core <i>Hills 47th ave</i>	13 All 15:00 WU A: 5 miles B/C: 4 miles Progressive 85-88%VO2 A/B: 2 mile CD C: 1 mile CD Plyometrics/Core LT
14 On your own A: 7 miles B: 3 miles C: 3 miles	15 No School Long Run A: 12 miles B: 10 miles C: 7-8 miles Strides/Plyos/Core	16 All 15:00 WU A: 8x900m B: 6x900m C: 5x900m 100/95 middle/100 vo2 Rest equal to work All: 1 mile CD Core <i>VO2 on grass</i>	17 All 15:00 WU 400 trial – those with no times 8 x flying 40s 3:30 rec w/400 run A/B: 4 mile run C: 3 mile run Core <i>alactic</i>	18 A: 7 miles B: 5 miles C: 3 miles Strides/Core RR	19 All 15:00 WU 2x500/400/300 @130%VO2 (5:00/4:00 rec b/rep, 10:00 b/sets) A/B: 2 mile CD C: 1 mile CD Core <i>SE2 – on track</i>	18 A: 8 miles B: 6 miles C: 5 miles Strides/Plyos/Core RR
21 On your own A: 7 miles B: 4 miles C: 3 miles	22 All 15:00 WU A/B: 5x1000m @97% C: 4x1000m@97% Equal recovery A/B: 2 mile CD C: 1 mile CD Core <i>VO2 on grass</i>	23 A: 7 miles B: 6 miles C: 5 miles Strides/Core RR	24 All 15:00 WU 5 miles w/120m sprints A-C: 1 mile CD Core <i>SE – on grass (sprint on track?)</i>	25 A: 7 miles B: 5 miles C: 3 miles Strides/Core RR	26 All 15:00 WU 3200 time trial A/B: 3 mile run C: 2 mile run Core <i>VO2 on track</i>	27 Long Run A: 12 miles B: 10 miles C: 7-8 miles Strides/Plyos/Core

February 2015 DV Distance (3200)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 On your own A: 7 miles B: 5 miles C: 4 miles RR</p>	<p>1 All 15:00 WU All 8x400 @3200*110% + 5 sec faster per lap 3:00 recovery A/B: 2 mile CD C: 1 mile CD Core <i>SE2 on track</i></p>	<p>2 ULTG A: 7 miles B: 5 miles C: 4 miles Strides/Plyos/Core RR</p>	<p>3 No School PM Practice All 15:00 WU A: 6600 m (22 laps) B: 5700 m (19 laps) C: 5100 m (17 laps) 5:00 on/5:00 recovery A/B: 2 mile CD C: 1 mile CD <i>VO2</i></p>	<p>4 A: 8 miles B: 5 miles C: 4 miles Strides/Plyos/Core RR</p>	<p>5 All 15:00 WU 6 x 30 sec w/3:00 on grass A: 4 miles B/C: 3 miles Core <i>SE1</i></p>	<p>6 A: 12 miles B: 10 miles C: 7 – 8 miles Strides/Core LR</p>
<p>7 On your own A: 7 miles B: 4 miles C: 3 miles RR</p>	<p>8 All 15:00 WU 2x3x400m@.97max 400m 2:00 b/rep, 5:00 b/sets A/B: 5 miles C: 4 miles Plyometrics/Core <i>SE2 on track</i></p>	<p>9 All 15:00 WU A/B: 16/12/10/8/4@ 95,95,97,97,100%VO2max C:12/10/8/4@ 95,97,97,100%VO2max Equal rest A/B: 2 mile CD C: 1 mile CD Core <i>VO2max on grass</i></p>	<p>10 All 15:00 WU 3 x 250/150m w/3:00 recovery (58/35% 400date) A/B: 4 miles C: 2 miles Core <i>SE1 on track</i></p>	<p>11 Half Day A: 8 miles B: 4 miles C: 4 miles RR</p>	<p>12 Half Day All: Run to 47th ave hill 3 x 3:00 hill repeats – jog recovery down A: 3 mile run B: 2 mile run Core <i>hills</i></p>	<p>13 All 15:00 WU A: 5 miles B/C: 4 miles Progressive 85-88%VO2 A/B: 2 mile CD C: 1 mile CD Core <i>LT on grass</i></p>
<p>14 On your own A: 7 miles B: 3 miles C: 3 miles RR</p>	<p>15 No School Long Run A: 10 miles B: 8 miles C: 6 miles</p>	<p>16 All 15:00 WU A: 8x900m B: 6x900m C: 5x900m 100/95 middle/100 vo2 Rest equal to work All: 1 mile CD Core <i>VO2 on grass</i></p>	<p>17 All 15:00 WU 400 trial – those with no times 8 x flying 40s 3:30 rec w/400 run A/B: 4 mile run C: 3 mile run Core <i>alactic</i></p>	<p>18 A: 7 miles B: 5 miles C: 3 miles Strides/Core RR</p>	<p>19 All 15:00 WU 2x500/400/300 @130%VO2 (5:00/4:00 rec b/rep, 10:00 b/sets) A/B: 2 mile CD C: 1 mile CD Core <i>SE2 – on track</i></p>	<p>20 Long Run A: 11 miles B: 9 miles C: 7 miles Strides/Plyos/Core</p>
<p>21 On your own A: 6 miles B: 3 miles C: 3 miles</p>	<p>22 All 15:00 WU A: 6x1000m @97% B: 5x1000m @97% C: 4x1000m@97% Equal recovery A/B: 2 mile CD C: 1 mile CD Core <i>VO2 on grass</i></p>	<p>23 All 15:00 WU 6x300m @100%400max 8:00 recovery A/B: 3 mile CD C: 2 mile CD Core <i>SE1 on grass – practice fields</i></p>	<p>24 All 15:00 WU A/B: 2x2mile, 1mile (1:30) C: 2x2 mile (1:30) @88%VO2 A-C: 1 mile CD Core</p>	<p>25 A: 7 miles B: 5 miles C: 3 miles Strides/Core RR</p>	<p>26 All 15:00 WU 3200 time trial A/B: 3 mile run C: 2 mile run Core <i>VO2 on track</i></p>	<p>27 Long Run A: 12 miles B: 10 miles C: 7-8 miles Strides/Plyos/Core</p>