

January 2016 DV Distance (800/1600)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 On your own A: 3 miles B: no running C: no running	4 A: 8 miles B: 6 miles C: 4 miles Strides/Plyos/Core RR	5 Home Soccer Game All 15:00 WU Fartlek: A/B: 1,1,2,3,2,1,1 C: 1,1,2,2,1,1 A/B: 2 mile CD C: 1 mile CD Core <i>SE1</i>	6 A: 7 miles B: 5 miles C: 4 miles Strides/Plyos/Core RR	7 3200 Time Trial* All 15:00 WU 3200 or A/B: 5x800m C: 4x800m @93%VO2 Equal recovery A/B: 2 mile CD C: 1 mile CD Core <i>VO2 - track</i>	8 On your own A: 6 miles B: 5 miles C: 4 miles RR	9 Long Run A: 11 miles B: 9 miles C: 7 miles Strides/Core
10 On your own A: 6 miles B: 5 miles C: 4 miles RR	11 A: 7 miles B: 6 miles C: 5 miles Strides/Plyos/Core RR	12 All 10:00 WU 2 laps in/out 1x400 max effort(15:00) 6 x flying 30s (3:00 active recovery – 1 lap) A/B: 4 miles C: 2 miles Core <i>alactic</i>	13 Home Soccer Game A: 8 miles B: 7 miles C: 6 miles Strides/Core RR	14 A: 7 miles B: 5 miles C: 5 miles Strides/Plyos/Core RR	15 On your own A: 7 miles B: 5 miles C: 4 miles RR	16 Long run + Tempo A: 12 miles (tempo 3,5,7,9) B: 10 miles (tempo 3,5,7) C: 7 miles (tempo 2, 4, 6) Core <i>LR+LT</i>
17 On your own A: 6 miles B: 4 miles C: 3 miles RR	18 All 10:00 WU 2 laps ins and outs 1x400m time trial (spikes) (12:00 recovery) 8 x flying 30s (3:00 recovery lap) A/B: 3 miles C: 2 miles Core <i>Alactic</i>	19 All 15:00 WU A/B: 16x400m C: 12x400mrest @83-85% progressive 15 seconds recovery A/B: 2 mile CD C: 1 mile CD Core <i>LT work</i> <i>grass</i>	20 Home Soccer Game A: 7 miles B: 5 miles C: 4 miles Strides/Core RR	21 All 15:00 WU A/B: 5x1200m@95%VO2 C: 4x1200m@95% VO2 Equal recovery A/B: 2 mile CD C: 1 mile CD Core <i>VO2</i> <i>grass</i>	22 On your own A: 6 miles B: 4 miles C: 4 miles RR	23 Long Run A: 12 miles B: 10 miles C: 7 miles Strides/Plyos/Core
24 On your own A: 6 miles B: 3 miles C: 3 miles RR	25 All 15:00 WU 5x400m @.85*400m date (1:30 rest) A/B: 3 mile CD C: 2 mile CD Core <i>SE2 Intensive intervals</i> track	26 Home Soccer Game A: 8 miles B: 6 miles C: 5 miles Strides/Core RR	27 All 15:00 WU 6x300m @.75*400m (3:00+ recovery – no slower than #2 interval) A/B: C: Core <i>SE1 - grass</i>	28 All 15:00 WU Fartlek – 7x 0:15 all out sprint, 3:45 run A/B: 2 mile CD C: 1 mile CD Plyometrics/Core <i>SE</i> <i>grass</i>	29 On your own A: 7 miles B: 5 miles C: 5 miles	30 All 15:00 WU 3200 meters A: 7 mile run B: 5 mile run C: 4 mile run Plyometrics/Core

January 2016 DV Distance (3200)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 On your own</p>	<p>4</p> <p>A: 8 miles B: 6 miles C: 4 miles</p> <p>Strides/Plyos/Core</p>	<p>5 Home Soccer Game</p> <p>All 15:00 WU Fartlek: A/B: 1,1,2,3,2,1,1 C: 1,1,2,2,1,1 A/B: 2 mile CD C: 1 mile CD</p> <p>Core</p>	<p>6</p> <p>A: 7 miles B: 5 miles C: 4 miles</p> <p>Strides/Plyos/Core</p>	<p>7 3200 Time Trial*</p> <p>All 15:00 WU 3200 or A/B: 5x800m C: 4x800m @93%VO2 Equal recovery A/B: 2 mile CD C: 1 mile CD</p> <p>Core</p>	<p>8 On your own</p> <p>A: 6 miles B: 5 miles C: 4 miles</p>	<p>9 Long Run</p> <p>A: 11 miles B: 9 miles C: 7 miles</p> <p>Strides/Core</p>
<p>10 On your own</p> <p>A: 6 miles B: 5 miles C: 4 miles</p>	<p>11</p> <p>A: 7 miles B: 6 miles C: 5 miles</p> <p>Strides/Plyos/Core RR</p>	<p>12 All 10:00 WU</p> <p>2 laps in/out 1x400 max effort(15:00) 6 x flying 30s (3:00 active recovery – 1 lap) A/B: 4 miles C: 2 miles</p> <p>Core <i>alactic</i></p>	<p>13 Home Soccer Game</p> <p>A: 8 miles B: 7 miles C: 6 miles</p> <p>Strides/Core RR</p>	<p>14</p> <p>A: 7 miles B: 5 miles C: 5 miles</p> <p>Strides/Plyos/Core RR</p>	<p>15 On your own</p> <p>A: 7 miles B: 5 miles C: 4 miles RR</p>	<p>16 Long run + Tempo</p> <p>A: 12 miles (tempo 3,5,7,9) B: 10 miles (tempo 3,5,7) C: 7 miles (tempo 2, 4, 6)</p>
<p>17 On your own</p> <p>A: 6 miles B: 4 miles C: 3 miles RR</p>	<p>18 All 10:00 WU</p> <p>2 laps ins and outs 1x400m time trial (spikes) (12:00 recovery) 8 x flying 30s (3:00 recovery lap) A/B: 3 miles C: 2 miles</p> <p>Core <i>Alactic</i></p>	<p>19 All 15:00 WU</p> <p>A/B: 16x400m C: 12x400mrest @83-85% progressive 15 seconds recovery A/B: 2 mile CD C: 1 mile CD</p> <p>Core <i>LT work</i> <i>grass</i></p>	<p>20 Home Soccer Game</p> <p>A: 7 miles B: 5 miles C: 4 miles</p> <p>Strides/Core RR</p>	<p>21 All 15:00 WU</p> <p>A/B: 5x1200m@95%VO2 C: 4x1200m@95% VO2 Equal recovery A/B: 2 mile CD C: 1 mile CD</p> <p>Core <i>VO2</i> <i>grass</i></p>	<p>22 On your own</p> <p>A: 6 miles B: 4 miles C: 4 miles RR</p>	<p>23 Long Run</p> <p>A: 12 miles B: 10 miles C: 7 miles</p> <p>Strides/Plyos/Core</p>
<p>24 On your own</p> <p>A: 6 miles B: 3 miles C: 3 miles RR</p>	<p>25 All 15:00 WU</p> <p>5x400m @.85*400m date (1:30 rest) A/B: 3 mile CD C: 2 mile CD</p> <p>Core <i>SE2 Intensive intervals</i> <i>track</i></p>	<p>26 Home Soccer Game</p> <p>A: 8 miles B: 6 miles C: 5 miles</p> <p>Strides/Core RR</p>	<p>27 All 15:00 WU</p> <p>6x300m @.75*400m (3:00+ recovery – no slower than #2 interval) A/B: 3 mile CD C: 2 mile CD</p> <p>Core <i>SE1 - grass</i></p>	<p>28 All 15:00 WU</p> <p>A/B: 4 miles @88%VO2 C: 3 miles @88%VO2 A/B: 2 miles CD C: 1 miles CD</p> <p>Plyometrics/Core <i>LT</i> <i>grass</i></p>	<p>29 On your own</p> <p>A: 7 miles B: 5 miles C: 5 miles RR</p>	<p>30 Time Trial</p> <p>All 15:00 WU 3200 meters A: 7 mile run B: 5 mile run C: 4 mile run</p> <p>Plyometrics/Core</p>