

# October 2016 Deer Valley Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25 <b>Own your own</b> A: 4 miles B: 3 miles C: 2 miles</p>	<p>26 All 15:00 WU A/B: 2x2400, 1x1200, 1x1000 @88% VO2 C: 2x2400,1x1200 @88% Recovery (1:15, 0:45, 0:30) A/B: 2 mile CD C: 1 mile CD <b>Core</b> LT</p>	<p>27 HIIT (3:00, :30, :15) All 2 WU to 47<sup>th</sup> ave hill 6 x 200 meter repeats A: 3 mile run B/C: 2 mile run to campus <b>Core/Plyometrics</b> <i>Alactic/hills</i></p>	<p>28 A: 6 miles B: 6 miles C: 4 miles <b>Strides, Plyometrics, Core</b> RR</p>	<p>29 HIIT (3:00, :30, :15) A: 5 miles B: 3 miles C: 3 miles <b>Strides in racing flats/Core</b></p>	<p>30 <b>Desert Twilight (No school)</b> 2/3/2</p>	<p>1 HIIT (3:00, :30, :15) A: 10 miles B: 8 miles C: 7 miles <b>Core/Strides</b> LR</p>
<p>2 <b>On your own</b> A: 3 miles B/C: 2 miles</p>	<p>3 All 15:00 WU 10x400m @85%400max+3 (2:00 recovery) A: 4 miles B/C: 2 miles <b>Core</b> <i>Intensive tempo on grass</i></p>	<p>4 HIIT (3:00, :30, :15) A: 7 miles B: 5 miles C: 5 miles <b>Strides/Plyos/Core</b></p>	<p>5 All 15:00 WU A/B: 6x1000m C: 5x1000m @95%VO2, equal rest A/B: 2 mile CD C: 1mile CD <b>Core</b> <i>VO2max on grass</i></p>	<p>6 HIIT (3:00, :30, :15) A: 6 miles B: 4 miles C: 4 miles 4x100 sprints w/300m rec <b>Plyos/Core</b> RR</p>	<p>7 A: 6 miles B: 3 miles C: 3 miles <b>Strides w/flats, Core</b> RR</p>	<p>8 <b>O'Connor Invitational @ Skunk Creek</b> A: 2/3/3 B: 2/3/3 C: 2/3/2</p>
<p>9 <b>On Your own</b> A: 5 miles B: 4 miles C: 2 miles</p>	<p>10 All 15:00 WU <b>Michigan Revisited (The shortened version)</b> <b>1200/1000/800/400 1000s</b>  A/B: 2 mile CD C: 1 mile CD <i>VO2max</i></p>	<p>11 HIIT (3:00, :30, :15) A: 6 miles B: 5 miles C: 4 miles <b>Strides/Plyos/Core</b> RR</p>	<p>12 All 15:00 WU 8x400@VO2 – 5sec/400m (3:00-1:30 rec decrease :15) A/B: 3 mile CD C: 2 mile CD <b>Core</b> <i>SE2</i></p>	<p>13 HIIT (3:00, :30, :15) A: 6 miles B: 4 miles C: 4 miles <b>Strides/Plyos/Core</b> RR</p>	<p>14 All 15:00 WU 4 mile progression (82, 84, 86, 88% VO2) 4x200m strides (self selected pace) A: 2 mile CD B/C: 1 mile CD <b>Core</b> LT</p>	<p>15 HIIT (3:00, :30, :15) A: 10 miles B: 8 miles C: 6 miles</p>
<p>16 <b>On Your Own</b> A: 5 miles B: 3 miles C: rest day</p>	<p>17 All 15:00 WU 3x500 @1.29*400max 15:00 recovery On the track A/B: 2 mile CD C: 1 mile CD <b>Core</b> <i>SE2</i></p>	<p>18 A: 5 miles B: 3 miles C: 3 miles <b>Strides in flats/Core</b></p>	<p>19 <b>District Meet (Skunk Creek) No AM Practice</b>  2/3/2 2/3/2 2/3/2</p>	<p>20 All 15:00 WU 8xflying 30 (3:00 recovery – 1 lap run) A: 3 miles B/C: 2 miles <b>Core</b> <i>Alactic/max speed</i></p>	<p>21 A: 8 miles B: 7 miles C: 6 miles <b>Strides/Plyos/Core</b> LR</p>	<p>22 All 15:00 WU A/B: 4 mile tempo C: 3 mile tempo @85%VO2m All: 1 mile CD <b>Strides/Core</b> LT</p>