

September 2015 Deer Valley Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 on your own A: 7 miles B: 3 miles C: 3 miles</p>	<p>29 All 15:00 WU A/B: 6x1200@88%VO2 C: 4x1200m @88%VO2 (:30 rest) A/B: 2 mile CD C: 1 mile CD Core LT</p>	<p>30 All 2 WU to 47th ave hill 6 x 200 meter repeats A: 3 mile run B/C: 2 mile run to campus Core/Plyometrics <i>Alactic/hills</i></p>	<p>31 HIIT (3:00, :20, :10) All 15:00 WU 6x150m @ near max effort 5:00 recovery A/B: 3 miles C: 2 miles Core <i>SE1</i></p>	<p>1 HIIT (3:00, :20, :10) A: 7 miles B: 5 miles C: 4 miles Strides, Plyometrics, Core RR</p>	<p>2 All 15:00 WU A/B: 2x1260, 3x960, 2x600 @ 95% VO2 equal rest C: 1x1260, 2x960, 3x600 @ 95% VO2 max equal rest A/B: 2 miles C: 1 mile VO2max</p>	<p>3 HIIT (3:00, :20, :15) Long Run A: 12 miles B: 10 miles C: 7 miles Strides/Plyometrics/Core</p>
<p>4 On your own A: 7 miles B: 4 miles C: 4 miles</p>	<p>5 HIIT (3:00, :20, :10) All 15:00 WU A/B: 3x500, 3x400 C: 2x500, 2x400 @1.3/1.05*max400 Recovery (6:00/5:00) A/B: 3 mile run C: 2 mile run Plyometrics/Core SE2</p>	<p>6 All 15:00 WU A/B: 8 x400 @.75*400max C: 6x400 @.75*400max 3:00 recovery A/B: 3 mile run C: 2 mile run Core LT/Extensive <i>On the track</i></p>	<p>7 All 2 WU to 47th ave hill 6 x 200 meter repeats A: 3 mile run B/C: 2 mile run to campus Core/Plyometrics <i>Alactic/hills</i></p>	<p>8 HIIT (3:00, :20, :10) A: 6 miles B: 5 miles C: 3 miles Strides in flats/Core</p>	<p>9 Race – Desert Solstice Invite – Marana A: 2/3/2 B: 2/3/2 C: 2/3/2</p>	<p>10 HIIT (3:00, :20, :10) A: 11-12 miles B: 9 miles C: 7 miles Strides/Core <i>Long run</i></p>
<p>11 On your own A: 7 miles B: 4 miles C: 3 miles</p>	<p>12 HIIT (3:00, :30, :15) All 15:00 WU 400 time trial 8 x flying 40s (3:00 rec) with 400 jog A/B: 4 mile run C: 2 mile run Plyometrics/Core <i>alactic</i></p>	<p>13 All 15:00 WU A/B: 8x900m (equal rec) C: 6x900m, 1x600 (equal rec) First/Last at 100%VO2, others at 95% VO2 A/B: 2 mile CD C: 1 mile CD Core <i>VO2</i></p>	<p>14 HIIT (3:00, :30, :15) A: 8 miles B: 4 miles C: 3 miles Strides/Plyometrics/Core RR</p>	<p>15 All 15:00 WU 5x375m @date400 Rest 3:00 – 5:00 A/B: 3 miles C: 2 miles Core <i>SE2</i></p>	<p>16 A: 5 miles B: 3 miles C: 3 miles Strides in flats/Core Non-woodbridge 15:00 WU Fartlek – 30:00 w/ 7x:30 up tempo sections 10:00 cooldown</p>	<p>17 Woodbridge Invitational – CA A: 2/3/3 B: 2/3/3 C: 2/3/2 Non racers – 40 minutes of running</p>
<p>18 Racers – 20:00 recovery run optional Non-racers 35:00 run</p> <p>25 Own your own A: 4 miles B: 3 miles C: 2 miles</p>	<p>19 All 15:00 WU 8x400@VO2 – 4sec/400m (1:15 active recovery) A/B: 3 mile CD C: 2 mile CD Plyometrics/Core <i>SE2</i></p>	<p>20 HIIT (3:00, :30, :15) All 15:00 WU 12 x flying 40s (3:00 rec) with 400 jog A: 4 mile run B/C: 2 mile run Core <i>alactic</i></p>	<p>21 All 2 mile run to mountain 6 x hill repeats (4:00 rec) A/B: 3 mile run C: 2 mile run Plyometrics/Core <i>Hills</i></p>	<p>22 DC racers: 15:00 WU A/B: 4x1280m, 3x960m @95-97% VO2 max C: 3x1280m, 3x640m @95-97% VO2 max (equal rest) HIIT (3:00, :30, :15) A/B: 2 mile C: 1 mile CD Non racers: A: 8 miles, B: 5 miles, C: 4 miles Core</p>	<p>23 Non racers: 15:00 WU A/B: 4x1280m, 3x960m @95-97% VO2 max C: 3x1280m, 3x640m @95-97% VO2 max (equal rest) A/B: 2 mile C: 1 mile CD HIIT (3:00, :30, :15) Racers: A: 5 miles B/C: 3 miles Strides in flats/Core</p>	<p>24 Race JV – Doug Conley Invite – Tempe A: 2/3/3 B: 2/3/3 C: 2/3/2 Non racers: Long Run A: 11 miles B: 8 miles C: 7 miles Strides/Core</p>