

CAMPO TRACK & FIELD

2021 SPRING SEASON DISTANCE SCHEDULE

MANDATORY In-Person Practice Meets Monday, Wednesday, Friday, Saturday

PHASE 1 ANCILLARY ROUTINES

PERFORMANCE WARM-UP PHASE 1

CORE CIRCUIT

60 sec. leg lifts
60 sec. chest lifts
60 sec. sit ups
60 sec. hands-and-knees bird dogs
60 sec. elbow-to-knee diagonal crunch

MOBILITY CIRCUIT

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

300m BAREFOOT run (turf lap)

20 sec. lateral leg swings
20 sec. linear leg swings

300m BAREFOOT run (turf lap)

2 x 10m forward "h" skips
2 x 10m forward heel lift
2 x 10m forward knee lift

MEDIUM warm-up run –time indicated on training calendar (10-25min).

PERFORMANCE COOL-DN PHASE 1

MEDIUM cool-down run –time indicated on training calendar (10-15min).

A CIRCUIT in quad:

10-15 x triceps dips
10 x double leg jump-ups
10-15 x body-weight rows
10 x forward step-up/knee drive

B CIRCUIT on turf:

20 x mountain climbers
10-15 x lateral-walk push-ups
2 x 10m lateral squat walk

STRETCH CIRCUIT

FITNESS WARM-UP PHASE 1

CORE CIRCUIT

-3 x 30 sec. plank matrix

-60 sec. scoops
-60 sec. chest crawl
-60 sec. low reach crunch
-60 sec. pistons
-60 sec. opposite arm/leg
-60 sec. side crunches

BAREFOOT RECOMMENDED

40m btwn, 60 seconds each.

Jog Variation Between Each:

-360 jog x 2
-lateral shuffle x 2
-lateral crossover x 2
-lateral saddle swing x 2

-20m inchworms
-20m walking pillar dips
-20m walking leg swings
-60 sec. hip/trunk rotations
-60 sec. inverted splits
-60 sec. inverted scissors
-60 sec. chest eagles
-60 sec. back eagles
-20m backward prisoner-lunge walk

LADDER DRILLS

1. Forward double-leg "hop scotch"
2. Forward double-leg "slalom"
3. Forward double-leg "snake"
4. Forward half-step (x2)
5. Forward quick-step
6. Lateral quick-step
7. Lateral shuffle-step
8. Lateral "x-country" switch-step
9. Forward "icky shuffle"
10. Forward "speed skater"

MORNING FITNESS ROUTINE PHASE 1

BAREFOOT RECOMMENDED

20m btwn, 60 seconds each.

SWISS BALL SIDE:

1. Prone hips on ball, alternate leg lift
2. Supine drop-push
3. Down-plank tuck
4. Left-oblique crunch, hands behind head
5. Right-oblique crunch, hands behind head
6. Double-leg hamstring curls
7. Supine leg-lift twists
8. Back extension, hands under chin, elbows high
9. Left-side-split leg raises
10. Right-side-split leg raises
11. Supine ball pass

MEDICINE BALL SIDE:

1. Good mornings, ball btwn shoulders
2. Standing straight-arm circles
3. Left-leg pillar dips
4. Right-leg pillar dips
5. Sit-up wood chops
6. Squat biceps curl
7. Standing overhead lateral rainbow
8. Inchworm roll out/back
9. Standing straight-arm twists
10. Kettle bell swings
11. Ball on shins push crunch

LOWER LEG CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m).
Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

60-second right-leg toe taps
60-second left-leg toe taps
20 x right-side hip-sag gluteal squeeze
20 x left-side hip-sag gluteal squeeze
20 x right-side single-leg squat taps
20 x left-side single-leg squat taps
10 x double-leg heel lower-to-raise (inversion/extension)

STRENGTH ROUTINES PHASE 1

2-3 circuits: **MAX** weight & speed for power!

Focus on **POWER** (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

GENERAL STRENGTH CIRCUIT

- A1. -8 x arm curls (dumbbells)
- A2. -8 x triceps press (dumbbell)
- A3. -8 x hip-sag gluteal squeeze (dumbbell/box)

- B1. -8 x pull-ups
- B2. -8 x bar-dips
- B3. -8 x squat-press to single-leg run pose, alternate sides (dumbbells)

- C1. -8 x bench press (dumbbells)
- C2. -8 x single-arm bent row (dumbbells)
- C3. -8 x standing hip matrix (band)

LEG STRENGTH CIRCUIT

-12 x squats w/ med-ball front hold
-12 x good mornings w/ med-ball btwn shoulder blades

STRETCH CIRCUIT

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

G-S-M CIRCUIT

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise (inverted/neutral/out)
- 10 x Lateral **adductor** leg-raise (inverted/neutral/out)
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant
- 10 x Single-leg bridge thrust

CAMPO TRACK & FIELD

2021 SPRING SEASON DISTANCE SCHEDULE

MANDATORY In-Person Practice Meets Monday, Wednesday, Friday, Saturday

PHASE 2 ANCILLARY ROUTINES

PERFORMANCE WARM-UP PHASE 2

CORE CIRCUIT

- 60 sec. alternate leg V-up (med-ball)
- 60 sec. leg lifts w/ flutter & scissor
- 60 sec. chest lifts w/ arms in front
- 60 sec. Russian twists (med-ball)
- 60 sec. bird dogs w/ lateral movement

MOBILITY CIRCUIT

- 2 x 20m forward skips w/ arm swing
- 2 x 20m lateral shuffle w/ arm swing
- 2 x 20m lateral crossover w/ knee drive

300m BAREFOOT run (turf lap)

- 20 sec. lateral leg swings
- 20 sec. linear leg swings

300m BAREFOOT run (turf lap)

- 2 x 20m forward rotary run w/ 40m acceleration
- 2 x 20m forward 3rd-stride quick stride w/ 40m acceleration

MEDIUM warm-up run –time indicated on training calendar (10-25min).

PERFORMANCE COOL-DN PHASE 2

MEDIUM cool-down run –time indicated on training calendar (10-15min).

A CIRCUIT in quad:

- 15-20 x triceps dips
- 2 x stadium-step double-leg hops
- 15-20 x body-weight rows
- 10 x switch-step toe tap (on bench)

B CIRCUIT on turf:

- 10 x Mountain climber matrix
- 10 x Burpees

STRETCH CIRCUIT

FITNESS WARM-UP PHASE 2

CORE CIRCUIT

- 3 x 40 sec. plank matrix
- 60 sec. straight-leg full lift
- 60 sec. chest crawl
- 60 sec. oscillating heel reach
- 60 sec. elbow-to-knee bicycles
- 60 sec. opposite-arm/leg lift w/ lateral movement
- 60 sec. suitcases

BAREFOOT RECOMMENDED

40m btwn, 60 seconds each.

Jog Variation Between Each:

- 360 jog x 2
- lateral shuffle x 2
- lateral crossover x 2
- lateral saddle swing x 2

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward prisoner-lunge twist

LADDER DRILLS

1. Forward double-leg "hop scotch"
2. Forward double-leg "slalom"
3. Forward double-leg "snake"
4. Forward half-step (x2)
5. Forward quick-step
6. Lateral quick-step
7. Lateral shuffle-step
8. Lateral "x-country" switch-step
9. Forward "icky shuffle"
10. Forward "speed skater"

MORNING FITNESS ROUTINE PHASE 2

BAREFOOT RECOMMENDED

20m btwn, 60 seconds each.

SWISS BALL SIDE:

1. Supine drop-push
2. Down-plank tuck-twist
3. Left-oblique crunch, hands behind head
4. Right-oblique crunch, hands behind head
5. Supine double-leg hamstring curls
6. Supine leg-lift twists
7. Back extension, arms straight, both-hands high
8. Supine ball-pass
9. Left side-split leg-raises
10. Right side-split leg-raises
11. Down-plank alternate arm-raises

MEDICINE BALL SIDE:

1. Good mornings, ball overhead
2. Alternating lateral hay-bale squat
3. Alternating-leg V-up, ball-to-toe
4. Alternating axe-swing lunge-twist
5. Sit-up alternating wood-chop twist
6. Left-leg pillar-dip "h"-press
7. Left-leg pillar-dip "h"-press
8. Standing overhead lateral pass
9. Inchworm roll out/back
10. Trunk rotations ball btwn knees
11. Kettle bell swings walk forward/back

LOWER LEG CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise (inversion/extension)

WEIGHT CIRCUIT ROUTINE PHASE 2

2-3 circuits: MAX weight & speed for power!

Focus on POWER (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

GENERAL STRENGTH CIRCUIT

- A1. -8 x pull-ups
- A2. -8 x bar dips
- A3. -2 x 8 x single-leg squats-to-run pose (box)
- B1. -60-second running arms (dumbbells)
- B2. -8 x push-up rows (dumbbells)
- B3. -8 x lunge-press to single-leg run pose, alternate sides (dumbbells)
- C1. -10 x prone hip matrix: knee drive / side raises / gluteal lifts (band)

LEG STRENGTH CIRCUIT

- 12 x squat jump w/ med-ball press
- 12 x kettle-bell swing w/ med ball

STRETCH CIRCUIT ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise (inverted/neutral/out)
- 10 x Lateral **adductor** leg-raise (inverted/neutral/out)
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant
- 10 x Single-leg bridge thrust

CAMPO TRACK & FIELD

2021 SPRING SEASON DISTANCE SCHEDULE

MANDATORY In-Person Practice Meets Monday, Wednesday, Friday, Saturday

PHASE 3 ANCILLARY ROUTINES

PERFORMANCE WARM-UP PHASE 3

CORE CIRCUIT

- 90 sec. Pelé matrix (med-ball anchor)
- 90 sec. sit-up wood chop (med-ball)
- 90 sec. straight-leg scoops, w/ med-ball btwn ankles
- 90 sec. leg-lift circles, w/ med-ball btwn ankles

MOBILITY CIRCUIT

- 2 x 20m forward skips w/ arm swing
- 2 x 20m lateral shuffle w/ arm swing
- 2 x 20m lateral crossover-reach back

300m BAREFOOT run (turf lap)

- 20 sec. lateral leg swings
- 20 sec. linear leg swings

300m BAREFOOT run (turf lap)

- 2 x 20m forward rotary run w/ 60m acceleration
- 2 x 20m forward quick step w/ 60m acceleration

MEDIUM warm-up run –time indicated on training calendar (10-25min).

PERFORMANCE COOL-DN PHASE 3

MEDIUM cool-down run –time indicated on training calendar (10-25min).

A CIRCUIT in quad:

- 2 x stadium-step single leg hops
- 20 x triceps dips
- 20 x body-weight rows

B CIRCUIT on turf:

- 2 x 10 push-up turnovers
- 2 x 10 split-lunge hops

STRETCH CIRCUIT

FITNESS WARM-UP PHASE 3

CORE CIRCUIT

- 3 x 60 sec. plank matrix
- 60 sec. V-ups
- 60 sec. chest lifts w/ lateral reach
- 60 sec. 3-ups
- 60 sec. push-up position bird dogs
- 60 sec. alternate single-leg full lift

GSM CIRCUIT

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise
- 10 x Lateral **adductor** leg-raise
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant

BAREFOOT RECOMMENDED 40m btwn, 60 seconds each.

- Jog Variation Between Each:
- 360 jog x 2
 - lateral shuffle x 2
 - lateral crossover x 2
 - lateral saddle swing x 2

- 20m inchworms
- 20m walking pillar dips
- 20m walking leg swings
- 60 sec. hip/trunk rotations
- 60 sec. inverted splits
- 60 sec. inverted scissors
- 60 sec. chest eagles
- 60 sec. back eagles
- 20m backward prisoner-lunge twist-dip

LADDER DRILLS

1. Forward double-leg "hop scotch"
2. Forward double-leg "slalom"
3. Forward double-leg "snake"
4. Forward half-step (x2)
5. Forward quick-step
6. Lateral quick-step
7. Lateral shuffle-step
8. Lateral "x-country" switch-step
9. Forward "icky shuffle"
10. Forward "speed skater"

MORNING FITNESS ROUTINE PHASE 3

BAREFOOT RECOMMENDED 20m btwn, 60 seconds each.

SWISS BALL SIDE:

1. Down-plank tuck pike
2. *Supine* drop push
3. Down-plank alternate lateral leg
4. Left-oblique crunch twist
5. Right-oblique crunch twist
6. *Supine* ball pass
7. Down-plank left-leg lift
8. Down-plank right-leg lift
9. *Supine* leg-lift lateral sweep
10. Back extension, arms straight, alternate reach
11. Trunk rotations, ball btwn ankles

MEDICINE BALL SIDE:

1. Around the world, ball overhead
2. Speed skater squats
3. Suitcase press
4. Left-leg pillar clock bounce
5. Right-leg pillar clock bounce
6. Straight-arm reverse circles
7. *Lateral* standing overhead toss
8. Squat jump press
9. Inchworm bounce out/back
10. Standing knee lift straight arm twist
11. Kettle bell swings walk forward/back

LOWER LEG CIRCUIT

BAREFOOT CIRCUIT

Race-walk sideline btwn each (100m). Perform leg exercise across end-zone (50m). Repeat circuit as time allows.

1. Toes up, turned out
2. Toes up, turned in
3. Heels up, turned in
4. Heels up, turned out
5. Heel-to-toe walk

STADIUM STEP CIRCUIT

Power walk up and down stadium steps btwn each exercise. Repeat circuit as time allows.

- 60-second right-leg toe taps
- 60-second left-leg toe taps
- 20 x right-side hip-sag gluteal squeeze
- 20 x left-side hip-sag gluteal squeeze
- 20 x right-side single-leg squat taps
- 20 x left-side single-leg squat taps
- 10 x double-leg heel lower-to-raise (inversion/extension)

WEIGHT CIRCUIT ROUTINE PHASE 3

2-3 circuits: **MAX** weight & speed for power!
Focus on POWER (maximal force in minimal time) with concentric contractions. Focus on resistance with eccentric contractions! In other words, lift explosively and lower slowly.

GENERAL STRENGTH CIRCUIT

- A1. -60-second running arms (dumbbells)
- A2. -8 x push-up rows (dumbbells)
- A3. -2 x 30m resistance-run (band/partner)
- B1. -8 x pull-ups
- B2. -8 x bar dips
- B3. -8 x double-leg squat-press to single-leg run pose, alternating sides (dumbbells)

LEG STRENGTH CIRCUIT

1. -12 x squat toss (med-ball)
2. -60 sec. each side pillar clock bounce (med-ball)

STRETCH CIRCUIT ROUTINE

1. Triceps (elbow behind head)
2. Shoulder (pull arm in front)
3. Oblique/IT band (standing leg crossover, side reach over head)
4. Hamstring (standing crossover reach)
5. Quad (standing, pull ankle away from same side gluteal)
6. Upper calf (standing, straight leg)
7. Lower calf (standing, bent leg)
8. Groin/quad (forward lunge, ankle to gluteal)
9. Groin/hamstring (lateral lunge)
10. Quad (hip thrust, knee down)
11. IT band (lunge/shin to ground)
12. IT band/gluteal (ankle on knee, sag hips)
13. Hamstring (sit modified hurdle)
14. Groin (butterfly sit)
15. Hips/back (corkscrew sit)
16. Gluteal/hip (corkscrew sit/ knee to chest)

G-S-M ROUTINE

- 10 x Sway-back/Cat-back
- 10 x Lateral **abductor** leg-raise (inverted/neutral/out)
- 10 x Lateral **adductor** leg-raise (inverted/neutral/out)
- 10 x Scorpion
- 10 x Donkey whip
- 10 x Fire hydrant
- 20 x Bridge-thrust marching

PHASE 1

<p>JANUARY 17</p> <p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>18 NO SCHOOL</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM ON YOUR OWN *Performance Warm up. *EASY run 20 min. *1 x PROGRESSION run 30 min. EASY to 10k pace. *EASY Run 2 min. *6 x 20 sec. surges to 1600m pace w/ 40 sec. jog after each. *EASY run 10 min. *Performance cool down.</p>	<p>19 PRE-SEASON</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, 45 or 50 min. *Race-walk & lower-leg circuit.</p>	<p>20 PRE-SEASON</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM ON YOUR OWN *Performance Warm up. *EASY run 20 min. *6-10 x 150m HILL reps @ 90% max effort w/ jog back recovery btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>21 PRE-SEASON</p> <p>PM ON YOUR OWN *GSM Routine. *LSD run 60, 65, 70 or 75 min. *3 x 100m STRIDES. *Leg Strength Circuit.</p>	<p>22 PRE-SEASON</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40 or 45 min. *Stadium step circuit.</p>	<p>23 PRE-SEASON</p> <p>AM ON YOUR OWN *GSM Routine. *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>
<p>JANUARY 24</p> <p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>25 PRE-SEASON</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM ON YOUR OWN *Performance Warm up. *EASY run 15 min. *4 x 40m incline @ MAX effort w/ walk back recovery btwn each. *2 or 3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 10k, 1 min. easy. *EASY run 10 min. *Performance cool down.</p>	<p>26 PRE-SEASON</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 25, 30, 35 or 40 min. *Race-walk & lower-leg circuit.</p>	<p>27 PRE-SEASON</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM ON YOUR OWN *Performance Warm up. *EASY run 20 min. *6-10 x 150m HILL reps @ 90% max effort w/ jog back recovery btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>28 PRE-SEASON</p> <p>PM ON YOUR OWN *GSM Routine. *LSD run 40, 45, 50 or 55 min. *3 x 90 sec. @ 10k w/ 30 sec. rolling recovery btwn each. *Leg Strength Circuit.</p>	<p>29 PRE-SEASON</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 30 sec. @ 3200m w/ 60 sec. rolling recovery after each. *Stadium step circuit.</p>	<p>30 PRE-SEASON</p> <p>AM ON YOUR OWN *GSM Routine. *LSD run 65, 70, 75 or 80+ min. *Stretch.</p>
<p>JANUARY 31</p> <p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>FEBRUARY 1 SEASON START</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *4 x 40m incline @ MAX effort w/ walk back recovery btwn each. *2 x 8 min. @ 20k, 2 min. easy, 3 min. @ 10k, 1 min. easy. *EASY run 10 min. *Performance cool down.</p>	<p>2</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 25, 30, 35 or 40 min. *Race-walk & lower-leg circuit.</p>	<p>3</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *2 x 4 min. @ 10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 4 min. easy. *EASY run 10 min. *Performance cool down.</p>	<p>4</p> <p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50, 55 or 60 min. *HILLS on Rim Trail or Kings Canyon Loop. *6 x 20 sec. @ 1600m w/ 40 sec. rolling recovery after each. *Leg Strength Circuit.</p>	<p>5</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *4 x 30 sec. @ 3200m w/ 60 sec. rolling recovery after each. *Stadium step circuit.</p>	<p>6</p> <p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Redwood C & D Cohort @ Briones Res. *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>
<p>FEBRUARY 7</p> <p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>8</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *4 x 40m incline @ MAX effort w/ walk back recovery btwn each. *3 x 5 min. @ 20k, 1 min. easy, 3 min. @ 10k, 1 min. easy. *EASY run 10 min. *Performance cool down.</p>	<p>9</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 30, 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>10</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *6-10 x 150m HILL reps @ 90% max effort w/ jog back recovery btwn each. *EASY run 15 min. *Performance cool down.</p>	<p>11</p> <p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50, 55 or 60 min. *4 x 90 sec. @ 10k w/ 30 sec. rolling recovery btwn each. *Leg Strength Circuit.</p>	<p>12 NO SCHOOL</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 30 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 30 sec. @ 3200m w/ 60 sec. rolling recovery after each. *Stadium step circuit.</p>	<p>13</p> <p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Briones Res. C & D Cohort @ Redwood *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>
<p>FEBRUARY 14</p> <p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>15 NO SCHOOL</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *4 x 40m incline @ MAX effort w/ walk back recovery btwn each. *2 x 9 min. @ 20k, 2 min. easy, 4 min. @ 10k, 1 min. easy. *EASY run 10 min. *Performance cool down.</p>	<p>16</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 30, 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>17</p> <p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *2 x 4 min. @ 10k, 3 min. easy, 3 min. @ 5k, 2 min. easy, 2 min. @ 3200m, 1 min. easy, 1 min. @ 1600m, 4 min. easy. *EASY run 10 min. *Performance cool down.</p>	<p>18</p> <p>PM ON YOUR OWN *GSM Routine. *LSD run 50, 55, 60 or 65 min. *HILLS on Rim Trail or Kings Canyon Loop. *6 x 20 sec. @ 1600m w/ 40 sec. rolling recovery after each. *Leg Strength Circuit.</p>	<p>19</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 30 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 30 sec. @ 3200m w/ 60 sec. rolling recovery after each. *Stadium step circuit.</p>	<p>20</p> <p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Briones Res. C & D Cohort @ Briones Res. *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>

PHASE 2

FEBRUARY 21	22	23	24	25	26	27
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *1 x PROGRESSION run 10 min: EASY to 10k pace. *EASY Run 2 min. *1 x 60m @ 3200m, 400m @ 1600m, 200m @ 800m w/ 200m rolling recovery after each. *EASY run 10 min. *Performance cool down.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 30, 35, or 40 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK 1600m TIME TRIAL</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *2 x 2 min. @ 20k w/ 60 sec. rolling recovery btwn each. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *1 x 60m incline ACCELERATIONS to 95% max velocity on access road w/ jg recovery btwn each. *RECOVERY run 25, 30 or 35 min. *Stadium step circuit.</p>	<p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Briones Res. C & D Cohort @ Redwood *LSD run 65, 70, 75, or 80+ min. *Stretch.</p>
FEBRUARY 28	MARCH 1	2	3	4	5	6
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. *1 x 126m incline @ 800m effort w/ jg back recovery btwn each. *EASY run 10 min. *Performance cool down.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15-20 min. *2 x 100-100-200-200-300-300m @ 800m w/ 20 sec. btwn reps, 5 min. EASY run btwn sets. *-or- *8-10 x 500m @ 3200m w/ rolling equal time 300m after each. *EASY run 10 min. *Performance cool down.</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 50, 55 or 60 min. *4 x 20 sec. easy, 20 sec. 5k, 20 sec. 800m. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 30 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *1 x 200m @ 3200m w/ rolling 200m after each. *Stadium step circuit.</p>	<p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Redwood C & D Cohort @ Briones Res. *LSD run 65, 70, 75 or 80+ min. *Stretch.</p>
MARCH 7	8	9	10	11	12	13
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *20 min. @ 20k. *EASY Run 2 min. *1 x 30 sec. @ 800m w/ 200m jg recovery after each. *EASY run 10 min. *Performance cool down.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ HIDDEN VALLEY PARK, MARTINEZ CA 2-Mile / 3-Mile Cross Country Race vs. Acalanes, Miramonte</p>	<p>AM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *3 x 2 min. @ 20k w/ 60 sec. rolling recovery btwn each. *Leg Strength Circuit.</p>	<p>NO SCHOOL</p> <p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 30 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *1 x 200m @ 3200m w/ rolling 200m after each. *Stadium step circuit.</p>	<p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Briones Res. C & D Cohort @ Redwood *LSD run 70, 75, 80 or 85+ min. *Stretch.</p>
MARCH 14	15	16	17	18	19	20
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *3 x 3 min. @ 10k, 1 min. easy, 2 min. @ 5k, 2 min. easy. *1 x 126m incline @ 800m effort w/ jg back recovery btwn each. *EASY run 10 min. *Performance cool down.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15-20 min. *2 x 100-100-200-200-300-300m @ 800m w/ 20 sec. btwn reps, 5 min. EASY run btwn sets. *-or- *8-10 x 500m @ 3200m w/ rolling equal time 300m after each. *EASY run 10 min. *Performance cool down.</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 50, 55 or 60 min. *4 x 20 sec. easy, 20 sec. 5k, 20 sec. 800m. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 30 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *1 x 200m @ 3200m w/ rolling 200m after each. *Stadium step circuit.</p>	<p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Redwood C & D Cohort @ Briones Res. *LSD run 70, 75, 80 or 85+ min. *Stretch.</p>
MARCH 21	22	23	24	25	26	27
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 15 min. *20 min. @ 20k. *EASY Run 2 min. *1 x 30 sec. @ 800m w/ 200m jg recovery after each. *EASY run 10 min. *Performance cool down.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ HIDDEN VALLEY PARK, MARTINEZ CA 3-Mile Cross Country Race vs. DLS, Dublin, Granada</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *3 x 2 min. @ 20k w/ 60 sec. rolling recovery btwn each. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 30 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *1 x 60m incline ACCELERATIONS to 95% max velocity on access road w/ jg recovery btwn each. *RECOVERY run 25, 30 or 35 min. *Stadium step circuit.</p>	<p>AM IN-PERSON @ REDWOOD PARK or BRIONES RES. A & B Cohort @ Briones Res. C & D Cohort @ Redwood *LSD run 75, 80, 85 or 90+ min. *Stretch.</p>

PHASE 3

MARCH 28	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL	APRIL 1 NO SCHOOL	2 NO SCHOOL	3
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 25 min. *1 x PROGRESSION run 10 min: EASY to 10k pace. *Run 2 min. *1 x 60m @ 3200m, 400m @ 1600m, 200m @ 800m w/ 200m rolling recovery after each. *EASY run 15 min. *Performance cool down.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 30, 35, or 40 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *1 x 2 min @ 3200m, 2 min easy 90 sec @ 3200m, 90 sec easy, 1 min @ 3200m, 1 min easy, 30 sec @ 800m, 30 sec easy, 30 sec @ 800m, 2 min easy. *EASY run 15 min. *Performance cool down.</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *6 x 20 sec @ 1600m w/ 40 sec rolling recovery after each.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Stadium step circuit.</p>	<p>AM IN-PERSON @ CAMPO TRACK Distance Festival vs. College Park, Miramonte</p>
APRIL 4	5	6	7	8	9	10
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *GSM Routine. *LSD run 65, 70 or 75 min. *4 x 80m incline @ 1600m effort w/ jog back recovery btwn each. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *Run 20-25 min. *3-4 x 400m @ 1600m, rolling 200m after each, 3-4 x 200m @ 800m, rolling 200m after each. *or- *15 min @ 20k *EASY run 2 min. *6 x 1 min @ 1600m, 1 min easy. *EASY run 15 min. *Performance cool down.</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *4 x 90 sec @ 10k w/ 30 sec rolling recovery btwn each.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *1 x 30m fly @ MAX velocity w/ 3 min walk back after each. *RECOVERY run 25, 30 or 35 min. *Stadium step circuit.</p>	<p>TBA IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m w/ equal distance run back btwn each. *EASY run 15 min. *Performance cool down.</p>
APRIL 11	12	13	14	15	16	17
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *GSM Routine. *LSD run 70, 75 or 80 min w/ final 20 min PROGRESSION RUN to 10k pace. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *3-4 x 400m @ 1600m, rolling 200m after each, 3-4 x 200m @ 800m, rolling 200m after each. *or- *15 min @ 20k *EASY run 2 min. *6 x 1 min @ 1600m, 1 min easy. *EASY run 15 min. *Performance cool down.</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *6 x 20 sec @ 1600m w/ 40 sec rolling recovery after each.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Stadium step circuit.</p>	<p>PM IN-PERSON @ CAMPO TRACK Distance Festival vs. College Park, Northgate</p>
APRIL 18	19	20	21	22	23	24
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *GSM Routine. *LSD run 65, 70 or 75 min. *4 x 80m incline @ 1600m effort w/ jog back recovery btwn each. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit.*RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>PM IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *3-4 x 400m @ 1600m, rolling 200m after each, 3-4 x 200m @ 800m, rolling 200m after each. *or- *15 min @ 20k *EASY run 2 min. *6 x 1 min @ 1600m, 1 min easy. *EASY run 15 min. *Performance cool down. At home 15-20 minute ice bath.</p>	<p>AM ON YOUR OWN *GSM Routine. *LSD run 45, 50 or 55 min. *4 x 90 sec @ 10k w/ 30 sec rolling recovery btwn each.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *1 x 30m fly @ MAX velocity w/ 3 min walk back after each. *RECOVERY run 25, 30 or 35 min. *Stadium step circuit.</p>	<p>TBA IN-PERSON @ CAMPO TRACK *Performance Warm up. *EASY run 20 min. *100-110-120-130-140-150-160-170-180-190-200m start first rep @ 1600m and increase pace each rep so that final rep is @ 400m w/ equal distance run back btwn each. *EASY run 15 min. *Performance cool down. At home 15-20 minute ice bath.</p>
APRIL 25	26	27	28	29	30	MAY 1
<p>ON YOUR OWN: *Pool or bike. *Self massage. *Stretch.</p>	<p>AM ON YOUR OWN *Morning Circuit.</p> <p>PM IN-PERSON @ CAMPO TRACK *GSM Routine. *LSD run 70, 75 or 80 min w/ final 20 min PROGRESSION RUN to 10k pace. *Leg Strength Circuit.</p>	<p>AM ON YOUR OWN *General Strength Circuit. *RECOVERY run 20 min.</p> <p>PM ON YOUR OWN *Fitness warm-up. *RECOVERY run 35, 40, or 45 min. *Race-walk & lower-leg circuit.</p>	<p>PM IN-PERSON @ CAMPO TRACK Workout TBA At home 15-20 minute ice bath.</p>	<p>PM ON YOUR OWN *GSM Routine. *LSD run 35, 40 or 45 min. *6 x 20 sec @ 1600m w/ 40 sec rolling recovery after each.</p>	<p>AM ON YOUR OWN *RECOVERY run 25 min.</p> <p>PM IN-PERSON @ CAMPO TRACK *Fitness warm-up. *RECOVERY run 25, 30 or 35 min. *3 x 200m @ 3200m w/ rolling 200m after each. *Stadium step circuit.</p>	<p>PM IN-PERSON @ CAMPO TRACK All-Event Meet vs. Miramonte</p>

VOLUME RECOMMENDATIONS:

AM “Morning” circuits and General Strength circuits are recommended for all athletes.

AM runs are recommended for 3rd & 4th-year athletes who have maintained a consistent training progression over the previous 12 months.

Time and repetition ranges are noted for several workout sessions. When 4 separate run times are indicated, it is recommended that 1st-year athletes choose the shortest duration, 2nd-year athletes choose the next longest duration, and so on. When only 3 run times are indicated, it is recommended that 1st-year athletes choose the shortest duration, 2nd-year athletes choose the next longest duration, and 3rd & 4th-year athletes choose the longest duration. When a range of repetitions is indicated, it is recommended that 1st-year athletes do the fewest repetitions, 2nd-year athletes do 1 additional repetition, and 3rd & 4th-year athletes do the most repetitions.

PACE EXPLANATIONS:

PRE: **P**erceived **R**ate of **E**xertion. We will often discuss training paces using a scale from 1-10, with 1 being walking effort and 10 being maximal sprint effort.

RECOVERY: PRE = 3.5; This is approximately 2 minutes slower per mile than 5k date pace. For example, an athlete with a 5k date pace of 6 minutes per mile should run at a velocity of about 8 minutes per mile for RECOVERY effort. These runs can range in length from 25 to 50 minutes. The objective of a RECOVERY run is to provide gentle aerobic stimuli with minimal musculoskeletal stress in order to promote optimal tissue repair. While “jogging” is often synonymous with careless, mechanically inefficient movement patters, RECOVERY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

EASY: PRE = 3-4; This is similar to RECOVERY run effort. EASY pace running is used prior to, following, and/or in between higher intensity efforts like workout segments or races. Preceding a workout or race, athletes should begin at a PRE of 3 and gradually increase effort to a 4 over the course of the proscribed run time. Following or in between higher intensity efforts, athletes should begin at a PRE of 4 and either maintain or gradually reduce effort to a 3 over the course of the proscribed run time. Note: While “jogging” is often synonymous with careless, mechanically inefficient movement patters, EASY pace running should be conducted with mindful mechanical efficiency in order to reinforce optimal movement patterns.

LSD: PRE = 4.5; This is aerobic development pace, slightly higher in intensity than RECOVERY and EASY effort running. The purpose of Long Sustained Distance running of 40 to 90 minutes in duration is to stimulate adaptive response in various aerobic pathways, including cardio-vascular power and efficiency, mitochondrial density and efficiency, metabolic efficiency, muscle fiber size, and fatigue resistance. Given that the largest energy contribution comes from the aerobic system for races of 800m or longer, LSD paced running is the cornerstone of distance training. Extending the length of the Long Sustained Paced run over the course of the season and over the course of the high school career is essential for reaching endurance performance potential.

20k: PRE = 6; Often called “threshold” effort, this pace is about 30 seconds per mile slower than 5k date pace. It should be the fastest pace you can sustain for about a half-marathon (13 miles). This is the running effort at which the aerobic system is no longer able to supply the necessary energy to sustain the pace. This effort level creeps just beyond the “aerobic threshold”, the point at which lactate acid levels in the blood stream begin to increase. 20k paced running should feel “comfortably quick”, allowing maintenance of breathing rhythm and sustained mental focus. Only slightly faster than LSD pace, you should be able to sustain 20k pace with only slightly more effort and recover from it quickly. In segmented training, a rest interval of 1 minute should be sufficient. Training at this pace promotes improved lactate recycling and fatigue buffering. These adaptations allow you to sustain faster paces for longer durations.

10k: PRE = 7; Known to some as “critical velocity” (CV), this pace is about 15 seconds per mile slower than 5k date pace. 10k effort is approximately 90% of 5k effort and often used for training segments of 3 minutes in duration with relatively short recovery. Training at this pace is optimal for increasing the oxidative capacity of type II muscle fibers and improving stamina at higher velocities. This velocity is particularly beneficial due to the high adaptive stimulus with relatively low musculoskeletal stress.

5k: PRE = 8; This pace is approaching the VO₂max window, wherein sustained effort becomes noticeably more difficult. Training at this pace stimulates adaptive response to the various pathways responsible for oxygen utilization and mechanical efficiency with more significant stress on the musculoskeletal system.

3200m, 1600m & 800m: PRE = 8.5-9.5; VO₂max pace and sub-VO₂max pace training. These training efforts are useful for reaching potential oxygen utilization capacity as well as developing and optimizing neuromuscular pathways, running economy, and power. In addition, training at these race paces is critical for developing race-pace awareness and race-specific mental endurance. These paces are most stressful to the musculoskeletal system and therefore account for the smallest fraction of total volume over the training cycle.