

High School Beginner Plan

Aerobic Build	Week 1						
	Aerobic Recovery	Workout	Aerobic Run or OFF	OFF/ Recovery Day	Light Workout	OFF/ Recovery Day	Long Run
	2-4 Aerobic Miles Finish with 4x 10sec Strides	50/50 Run - 10:00 Of aerobic running, 10:00 returning between 10k down to 5K pace	2-4 Aerobic Miles	OFF/ Recovery Day	3-5 Aerobic Miles Finish with 8x :10 Hill Sprints	OFF/ Recovery Day	30-40 Minutes
	Week 2						
	Aerobic Recovery	Workout	Aerobic Run	OFF/ Recovery Day	Light Workout	OFF	Long Run
	2-4 Aerobic Miles Finish with 4x 10sec Strides	50/50 Run - 12:00 Of aerobic running, 12:00 returning at 10K pace	2-4 Aerobic Miles	OFF/ Recovery Day	3-5 Aerobic Miles Finish with 8x :10 Hill Sprints	OFF/ Recovery Day	40 Minutes
	Week 3						
	Aerobic Recovery	Workout	Aerobic Run	OFF/ Recovery Day	Light Workout	OFF	Long Run
	2-4 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 2 Mile Fit Test (Record This) 2 Miles Easy	2-4 Aerobic Miles	OFF/ Recovery Day	3-5 Aerobic Miles Finish with 8x :10 Hill Sprints	OFF/ Recovery Day	45 Minutes
	Week 4						
Aerobic Recovery	Workout	Aerobic Run	OFF/ Recovery Day	Light Workout	OFF	Long Run	
2-4 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 15:00 fartlek (:30-2:00 efforts) 2 Miles Easy	2-4 Aerobic Miles	OFF/ Recovery Day	3-5 Aerobic Miles Finish with 8x :10 Hill Sprints	OFF/ Recovery Day	40 Minutes	
Week 5							

General Prep with Speed Introduction

Aerobic Recovery	Workout	Aerobic Run	OFF/ Recovery Day	Workout	OFF/ Recovery Day	Long Run
3-5 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 2x [1:00ON, 1:00 OFF 2:00ON, 2:00 OFF 3:00 ON, 3:00 OFF] 2 Miles Easy	3 -5 Aerobic Miles Finish with 6x :10 Hill Sprints	OFF/ Recovery Day	50/50 Workout 3-5Miles First Half Easy/ Return		45 Minutes - Last 10:00 Moderate Progression (near Threshold)
Week 6						
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF	Long Run
4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 24:00 Progression Run (5k +:40) 2 Miles Easy	3 -5 Aerobic Miles Finish with 6x :10 Hill Sprints	2-4 Aerobic Miles	2 Miles Easy 4x 3:00 @ 5K Pace, 2:00 Rest 2 Miles Easy		45 Minutes - Last 10:00 Progression (near Threshold)
Week 7						
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF	Long Run
4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 8x 300m Hills, full walk down recovery 2 Miles Easy	3 -5 Aerobic Miles Finish with 6x :10 Hill Sprints	2-4 Aerobic Miles	2 Miles Easy 3x 4:00 @ 5K Pace, 2:00 Rest 2 Miles Easy		50 Minutes - Last 10:00 progression
Week 8 - [Focus on Recovery]						
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF	Long Run
3-5 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 8x:40 @ 2 Mile Effort, 1:20 Jog Between 2 Miles Easy	3-5 Aerobic Miles	3-5 Miles EASY with 6x 10sec strides at the end	50/50 Workout 3-5 Miles First Half Easy/ Return		45 Minutes - Last 10:00 Progression
Week 9						
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF	Long Run

Continuous Work, General Speed

4-6 Aerobic Miles Finish with 4x 10sec Hill Strides	2 Miles Easy 4x 600m @5K, 2:00 Static recovery 2 Miles Easy	4-6 Aerobic Miles	3-5 Miles EASY with 6x 100m strides at the end	2 Miles Easy 8x 400m Grass Intervals@ 5K GP 2 Miles Easy		Last 10:00 Moderate Progression (near Threhsold)
Week 10						
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF	Long Run
4-6 Aerobic Miles Finish with 4x 10sec Hill Strides	2 Miles Easy 3x 3:00 @ 5K Effort; 2:00 @ Continuous Running Recovery 2 Miles Easy	4-6 Aerobic Miles	3-5 Miles EASY with 6x 100m strides at the end	2 Miles Easy 4x 800m Grass Intervals @ 5K GP, 2:00 jog recovery between 2 Miles Easy		55 Minutes - Last 12:00 Moderate Progression (near Threhsold)
Week 11						
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF	Long Run
4-6 Aerobic Miles Finish with 4x 10sec Hill Strides	2 Miles Easy 3x (1:00 @ 5K, 2:00 @ 10K, 3:00 @ Tempo w/ equal recovery) 2 Miles Easy	4-6 Aerobic Miles	3-5 Miles EASY with 6x 100m strides at the end	2 Miles Easy 3x 1000m Grass Intervals @ Goal 5K pace, 90 second jog rest between 2 Miles Easy		60 Minutes - Last 15:00 Moderate Progression (near Threhsold)
Week 12						
Aerobic Recovery	2 Mile Test	Aerobic Run	Aerobic Run	Workout	OFF	Long Run
4-6 Aerobic Miles Finish with 4x 10sec Hill Strides	2 Miles Easy 2 Mile Best Effort 2 Miles Easy	4-6 Aerobic Miles	3-5 Miles EASY with 6x 100m strides at the end	2 Miles Easy 8x 150m Hills @ Best effort, walk down recovery		60 Minutes Easy