

PEAK. PERFORMANCE RUNNING

High School Advanced Plan

Aerobic Build	Week 1						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 2 Mile Fit Test (Record This) 2 Miles Easy	3-5 Miles Aerobic Miles	3-5 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		45 Minutes
	Week 2						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 20:00 fartlek (:30- 2:00 efforts) 2 Miles Easy	3-5 Aerobic Miles	3-5 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		45 Minutes
	Week 3						
	Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run
	4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 10:00 Moderate 6x 200m Hills Hard; Walk down recovery 2 Miles Easy	4-6 Aerobic Miles	4-6 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		55 Minutes
	Week 4						
Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	OFF/ Recovery Day	Long Run	
4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 22:00 Progression Run (5k +:40) 2 Miles Easy	4-6 Aerobic Miles	4-6 Aerobic Miles	4-6 Aerobic Miles Finish with 8x :10 Hill Sprints		60 Minutes	

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

General Prep with Speed Introduction

Continuous Work, General Speed	Week 9						
	Aerobic Recovery	Workout - Sit and Surge	Aerobic Run	Aerobic Run	Workout	OFF/ Recovery Day	Long Run
	5-7 Aerobic Miles Finish with 6x 10sec Strides	2 Miles Easy 6x 600m - 400m @5K, 200m sprint 2 Miles Easy	5-7 Miles Aerobic Miles	4-6 Miles Easy - Finish with 8x 10 sec Hill sprints	6x 150m Hills Jog Down Recovery, 40 Minute Aerobic Run following		9 Miles - Last 15:00 Moderate Progression (near Threshold)
	Week 10						
	Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF/ Recovery Day	Long Run
	5-7 Aerobic Miles Finish with 6x 10sec Strides	2 Miles Easy 5x 3:00 @ 5K Effort; 2:00 @ Continuous Running Recovery 2 Miles Easy	5-7 Miles Aerobic Miles	4-6 Miles Easy - Finish with 8x 10 sec Hill sprints	5-7 Miles first half is easy running, last 50% is Moderate to hard tempo		9 Miles - Last 15:00 Moderate Progression
	Week 11						
	Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	OFF/ Recovery Day	Long Run
	5-7 Aerobic Miles Finish with 6x 10sec Strides	2 Miles Easy 1-2- 3-2-1-2-3-(2-1) 2 Miles Easy	5-7 Miles Aerobic Miles	4-6 Miles Easy - Finish with 8x 10 sec Hill sprints	8x 150m Hills Jog Down Recovery, 40 Minute Aerobic Run following		10 Miles - Last 20:00 Moderate Progression
	Week 12						
	Aerobic Recovery	2 Mile Test	Aerobic Run	Aerobic Run	Workout	OFF/ Recovery Day	Long Run
	5-7 Aerobic Miles Finish with 6x 10sec Strides	2 Miles Easy 2 Mile Best Effort 2 Miles Easy	5-7 Miles Aerobic Miles	4-6 Miles Easy - Finish with 8x 10 sec Hill sprints	5-7 Miles first half is easy running, last 50% is Moderate to hard tempo		10 Miles - Last 20:00 Moderate Progression