**Aerobic Build** 

## **High School Advanced Plan**

			Week 1			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	Day	Long Run
	2 Miles Easy					
4-6 Aerobic Miles	2 Mile Fit Test	3-5 Miles Aerobic	2.5.4	4-6 Aerobic Miles		
Finish with 4x	(Record This)	Miles	3-5 Aerobic Miles	Finish with 8x :10 Hill		
10sec Strides	2 Miles Easy			Sprints		45 Minute
			Week 2			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	Day	Long Run
	2 Miles Easy					
4-6 Aerobic Miles	20:00 fartlek (:30-	3-5 Aerobic Miles	3-5 Aerobic Miles	4-6 Aerobic Miles		
Finish with 4x	2:00 efforts)	3-5 Aerobic Miles	3-5 Aerobic Willes	Finish with 8x :10 Hill		
10sec Strides	2 Miles Easy			Sprints		45 Minutes
			Week 3			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	Day	Long Run
	2 Miles Easy					
	10:00 Moderate					
	6x 200m Hills	4-6 Aerobic Miles	4-6 Aerobic Miles			
4-6 Aerobic Miles	Hard; Walk down	4-0 Aerobic Willes	4-0 Aerobic Willes	4-6 Aerobic Miles		
Finish with 4x	recovery			Finish with 8x :10 Hill		
10sec Strides	2 Miles Easy			Sprints		55 Minutes
			Week 4			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run or OFF	Aerobic Run	Light Workout	Day	Long Run
	2 Miles Easy					
	22:00					
4-6 Aerobic Miles	Progression Run			4-6 Aerobic Miles		
Finish with 4x	(5k +:40)			Finish with 8x :10 Hill		
10sec Strides	2 Miles Easy	4-6 Aerobic Miles	4-6 Aerobic Miles	Sprints		60 Minute

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Week 5						
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	Day	Long Run
4-6 Aerobic Miles Finish with 4x 10sec Strides	2 Miles Easy 3x [1:000N, 1:00 OFF 2:000N, 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 Threhsold)
			Week 6			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	Day	Long Run
5-7 Aerobic Miles Finish with 5x 10sec Strides	2 Miles Easy 24:00 Progression Run (5k +:40)	4-6 Aerobic Miles	5-7 Aerobic Miles Finish with 8x :10	2 Miles Easy 5x 3:00 @ 5K Pace, 2:00 Rest		8 Miles - Last 10:00 Moderate Progression (near Threshold)
	2 Miles Easy	4-6 Aerobic ivilles	Hill Sprints Week 7	2 Miles Easy		[Tillesilolu]
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)
	T.	Week	8 - [Focus on Recove	ery]	T	
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

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			Week 9			
	Workout - Sit and				OFF/ Recovery	
Aerobic Recovery	Surge	Aerobic Run	Aerobic Run	Workout	Day	Long Run
						9 Miles -
F 7 Aprobio Milas	2 Miles Easy 6x					Last 15:00
5-7 Aerobic Miles Finish with 6x 10sec Strides	600m - 400m			6x 150m Hills Jog		Moderate
	@5K, 200m		4-6 Miles Easy -	Down Recovery, 40		Progression
Tosec Strides	sprint 2 Miles	5-7 Miles Aerobic	Finish with 8x 10	Minute Aerobic Run		(near
	Easy	Miles	sec Hill sprints	following		Threshold)
			Week 10			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	Day	Long Run
	2 Miles Easy 5x					
	3:00 @ 5K Effort;					
5-7 Aerobic Miles	2:00 @					
Finish with 6x	Continuous			5-7 Miles first half is		9 Miles -
10sec Strides	Running		4-6 Miles Easy -	easy running, last		Last 15:00
	Recovery 2 Miles	5-7 Miles Aerobic	Finish with 8x 10	50% is Moderate to		Moderate
	Easy	Miles	sec Hill sprints	hard tempo		Progression
			Week 11			
					OFF/ Recovery	
Aerobic Recovery	Workout	Aerobic Run	Aerobic Run	Workout	Day	Long Run
5-7 Aerobic Miles				8x 150m Hills Jog		10 Miles -
Finish with 6x	2 Miles Easy 1-2-		4-6 Miles Easy -	Down Recovery, 40		Last 20:00
10sec Strides	3-2-1-2-3-(2-1) 2	5-7 Miles Aerobic	Finish with 8x 10	Minute Aerobic Run		Moderate
10300 301003	Miles Easy	Miles	sec Hill sprints	following		Progression
			Week 12		_	_
					OFF/ Recovery	
Aerobic Recovery	2 Mile Test	Aerobic Run	Aerobic Run	Workout	Day	Long Run
5-7 Aerobic Miles				5-7 Miles first half is		10 Miles -
Finish with 6x	2 Miles Easy 2		4-6 Miles Easy -	easy running, last		Last 20:00
10sec Strides		5-7 Miles Aerobic	Finish with 8x 10	50% is Moderate to		Moderate
	Miles Easy	Miles	sec Hill sprints	hard tempo		Progression