**Sample 6 Week Plan for an Off-Season Cycle**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week** | **Miles** | **Q1** | **Q2** | **E-Runs** | **Other** |
| 1 | 37(includes warm up and down) |  9 mile run |  4x(1 mile tempo pace + 1 min recovery)(and warm up/warm down) |  4 mile run 5 mile run 5 mile run 7 mile run |  Core Core Core Stretch Stretch Stretch |
| 2 | 40 |  10 mile run |  20 minute tempo run(and warm up/warm down) |  4 mile run 6 mile run 6 mile run 7 mile run 8x30m 6x40m |  Core Core Core Stretch Stretch Stretch  |
| 3 | 43 |  11 mile run |  2x(2 mile tempo pace + 2 min recovery)(and warm up/warm down) |  5 mile run 6 mile run 6 mile run 8 mile run 8x30m 6x50m 6x40m on Linda Vista hill 3 laps striding straights, jogging curves |  Core Core Core Stretch Stretch Stretch |
| 4 | 38 |  9 mile run |  25 minute temp run(and warm up/warm down) |  4 mile run 5 mile run 6 mile run 7 mile run 6x60m 6x50m 6x30m on Linda Vista hill 6x100m |  Core Core Core Stretch Stretch Stretch |
| 5 | 41 |  11 mile run |  2 mile tempo pace + 3 min recovery + 1.5 mile tempo + 2 min rec + 1 mile tempo(and warm up/warm down) |  5 mile run 5 mile run 6 mile run 7 mile run 8x30m 6x50m 6x40m on Linda Vista hill 3 laps striding straights, jogging curves |  Core Core Core Stretch Stretch Stretch |
| 6 | 44 |  12 mile run (6x30 second pick ups) |  30 minute tempo run(and warm up/warm down) |  5 mile run 5 mile run 7 mile run 8 mile run 6x40m 6x50m 6x60m on Linda Vista hill 6x100m |  Core Core Core Stretch Stretch Stretch |

Weekly Plan Worksheet Example

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Miles | Q1 | Q2 | Strides | Other |
| Mo | 11 | Long Run (REI) |  |  |  |
| Tu | 7 (RR tracks, runners can turn around at different points to get target mileage) |  |  |  |  Core (ET-G) Stretch |
| We | 4 (LV) |  |  |  Strides (Short hills at LV) |  Core (MC) Stretch |
| Th | 8 |  | 30 min tempo (RR tracks) |  |  |
| Fr | 7 (Up and Over + 7S) |  |  |  Strides (6x60??) |  Core (RC) Stretch |
| Sa | 8 (Rancho 9am) |  |  |  |  Stretch |
| Su | 0 |  |  |  |  Stretch |
| Total | 45 |  |  |  | 3C/5S |

**6 Week Plan Worksheet (can use for any number of weeks)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week** | **Miles** | **Q1** | **Q2** | **E-Runs** | **Other** |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |

Weekly Plan Worksheet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Miles | Q1 | Q2 | Strides | Other |
| Mo |  |  |  |  |  |
| Tu |  |  |  |  |  |
| We |  |  |  |  |  |
| Th |  |  |  |  |  |
| Fr |  |  |  |  |  |
| Sa |  |  |  |  |  |
| Su |  |  |  |  |  |
| Total |  |  |  |  |  |

**Off Season Report Card Example**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Total Miles | Long Run in Miles | Threshold Run (Distance, pace) | Strides (#, length) | Core Sessions/ Stretch Sessions |
| 1 | 40 | 10 | 4x1 mile/1 min recover, 6:50 6:48 6:49 6:44 |  | 4C/ 3S |
| 2 | 44 | 11 | 3 miles (20:56), 7:02, 7:00, 6:54 | 8x306x40 on Linda Vista hill | 4C/ 4S |
| 3 | 38 | 10 | 2x2 mile with 2 min recovery, 13:50 + 13:20 = 27:10 | 6x’flying 40s’8x10 seconds on ‘Matts Hill’ | 4C/ 4S |
| 4 | 42 | 12 | 4 miles (27:44), 7:02, 7:00, 6:58, 6:44 | 6x506x40 on Linda Vista hill | 4C/ 4S |
| 5 | 45 | 13 | 2 mile + 2x 1 mile, 13:40-6:40-6:33 | 6x’flying 40s’6x 100 in-and-out | 3C/ 5S |
| 6 | 38 | 10 | 4 miles (27:30), 7:02, 6:58, 6:56, 6:34 | 8x306x80 | 3C/ 4S |
| Total | 247 | 11 avg |  | 2 per week various | 3.67C-week/ 4S-week |