**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 | 8x30  6x40 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 | 6x50  6x40 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 | 8x30  6x80 | 3C/ 4S |
| Total | 247 | 11 avg |  | 2 per week various | 3.67C-week/ 4S-week |