

5k								
Week	Date (Mon)	Strides	Mon	Tue	Wed	Thu	Fri	Sat
23	Jun 2	-	Easy (30 mins)	Easy (30 mins)	Easy/Medium (30-40 mins)	Easy (30 mins)	Easy (30 mins)	Easy/Medium (30-40 mins)
22	Jun 9	6 @ 1600   New: 4 @ 5k	80% LR (4-7)	3-6 + Strides	2-4 + Strides	PWR (3-6)	3-6 + Strides	3-6
21	Jun 16	6 @ 1600   New: 4 @ 3200	LR (5-9)	1.5-3 + 4 x Hill Sprint, 3 min rest + 1.5-3	2-4 + Strides	PWR (3.5-7)	3-6 + Strides	3-6
20	Jun 23	6 @ 1600   New: 4 @ 1600	LR (5-9)	1.5-3 + 4 x Hill Sprint, 3 min rest + 1.5-3	10-15 min @ threshold + 5 min rest + 4 x 200 @ 1600-3200, 200 jog rest	2-4 + Strides	PWR (4-7)	3-6 + Strides
19	Jun 30	7 @ 1600   New: 4 @ 1600	LR (5-9)	1.5-3 + 6 x Hill Sprint, 3 min rest + 1.5-3	Fartlek: 2-5 x 4 on/1 steady. Pace: up to you	2-4 + Strides	PWR (4-8)	3-6 + Strides
18	Jul 7	7 @ 1600   New: 5 @ 1600	LR (5-9)	1.5-3 + 6 x Hill Sprint, 3 min rest + 1.5-3	2-3 x (4 x 200m hills) @ Sokol, slow jog back rep rest, 2-3 min set rest. Pace: fast but smooth	2-4 + Strides	PWR (4-8)	3-6 + Strides
17	Jul 14	7 @ 1600   New: 5 @ 1600	LR (5-9) + 5 x 20 sec surges @ 5k around 2/3 of the way through the run	1.5-3 + 8 x Hill Sprint, 3 min rest + 1.5-3	15-20 min @ threshold + 5 min rest + 4 x 200 @ 1600-3200, 200 jog rest	2-4 + Strides	PWR (4-8)	3-6 + Strides
16	Jul 21	8 @ 1600   New: 6 @ 1600	LR (5-9) + 5 x 40 sec surges @ 5k around 2/3 of the way through the run	1.5-3 + 8 x Hill Sprint, 3 min rest + 1.5-3	Fartlek: 3-5 x 3 on/2 steady. Pace: up to you	2-4 + Strides	PWR (4-8)	3-6 + Strides
15	Jul 28	8 @ 1600   New: 6 @ 1600	LR (5-9)	1.5-3 + 4 x 60m sprint + 2 x 80m sprint + 1.5-3	2-3 x (4 x 200m hills) @ Sokol, slow jog back rep rest, 2-3 min set rest. Pace: fast but smooth	2-4 + Strides	PWR (4-8)	3-6 + Strides
14	Aug 4	8 @ 1600   New: 6 @ 1600	LR (5-9) + 5 min pickup around 2/3 of the way through the run	3-6 + Strides	TT (3200) + mileage	FIRST DAY SCHOOL 2-4 + Strides	8-10 x 300 @ 10k, 100 jog rest 5 min 4-5 x 200 @ 1600-3200, 200 jog rest	3-6 + Strides
13	Aug 11	8 @ 1600   New: 6 @ 1600	LR (5-9) + 10 min pickup around 2/3 of the way through the run	1.5-3 + 8 x Hill Sprint, 3 min rest + 1.5-3	3-4 x (6 x 150 @ 5k, 50 jog rest), 400 jog set rest	2-4 + Strides	4 x (800 @ 10k, 400 @ 3200), 1 min rep rest/4 min set rest 1 x 300 @ fast, faster, fastest	3-6 + Strides
12	Aug 18	6 @ 1600, 2 @ 800	LR (5-9)	1.5-3 + 2 x 60m 2 x 80m 2 x 100m 3 min rest between all + 1.5-3	2 x 800 @ 10k, 400 @ steady rest 2 x hill sprints, walk back rest 5 x 300 @ 5k, 100 walk rest 2 x hill sprints, walk back rest 4 x 200 @ 1600-3200, 200 jog rest  **Start 800s @ 200m start line so it's easier to move back and forth from the hills	Travel + 3-6	2-4 + Strides + Universal	Kowboy Invitational
11	Aug 25		Travel + 3-5 + Strides	80% LR (4-7)	3 x (4 x 400 @ 5k DP, 30 sec rest), 5 min set rest	3-4 + Strides	2-3 + 3 x 150 @ fast, faster, fastest *Stay controlled* Think 3200/1600/800 OR 1600/800/400 rather than an all out sprint	Black & Blue Invitational (2.5K)

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10	Sep 1	New: 4 @ 1600, 2 @ 800	1200-1600 @ 10k, 3 min rest 600 @ 3200, 1:30 rest 1200-1600 @ 10k, 3 min rest 600 @ 3200, 1:30 rest 4 x 200 @ 1600, 200 jog rest	3-6 + Strides	15-20 min @ threshold 5 min rest 4 x 150 @ ~800 pace, walk back rest	3-6 + Strides	2-4 + 3 x 150 @ fast, faster, fastest *Stay controlled* Think 3200/1600/800 OR 1600/800/400 rather than an all out sprint	The Opener @ Choctaw Trails
9	Sep 8		LR (5-9)	1.5-3 + 8 x Hill Sprint, 3 min rest + 1.5-3	3 x (3 x 600) @ 5k DP, 40 sec/5 min rest	3-6 + Strides	2-4 + 3 x 150 @ fast, faster, fastest *Stay controlled* Think 3200/1600/800 OR 1600/800/400 rather than an all out sprint	Oak Mountain Invitational
8	Sep 15		LR (5-9)	1.5-3 + 8 x Hill Sprint, 3 min rest + 1.5-3	1200 @ 5k GP 1200 @ threshold 800 @ faster 1200 @ threshold 400 @ FAST, REST = 2:00-2:30	2-4 + Strides	10-15 min @ threshold EFFORT on sokol course 5 min rest 4-6 x 100m hills @ fast but smooth, jog loop back rest	3-6 + Strides
7	Sep 22	5 @ 1600, 3 @ 800 New: 3 @ 1600, 3 @ 800	80% LR (4-7)	1.5-2 + 2 x 60m 2 x 80m 2 x 100m 3 min rest between all + 1.5-3	2 x (3 x 800) @ 5k GP, 45 sec rep rest/5 min set rest	3-4 + Strides	2-3 + 3 x 150 @ fast, faster, fastest *Stay controlled*	Black and Gold Invitational
6	Sep 29		800 @ 5k GP, 2:30-3:30 rest 1 x hill sprint, walk back rest 800 @ 5k GP, 2:30-3:30 rest 1 x hill sprint, walk back rest 800 @ 5k GP, 2:30-3:30 rest 1 x hill sprint, walk back rest 800 @ 5k GP, 2:30-3:30 rest 1 x hill sprint, walk back rest 800 @ 5k GP, 2:30-3:30 rest  **Start 800s from the 200m line to make moving between the track and the hill easier	3-6 + Strides	10 min tempo, 1-2 min rest + 8 x 200 @ 3200, 200 jog rest	3-6 + Strides	2-4 + 3 x 150 @ fast, faster, fastest *Stay controlled*	Jesse Owens Classic
5	Oct 6		LR (5-9)	1.5-3 + 2 x 60m 2 x 80m 2 x 100m 3 min rest between all + 1.5-3	2 x (1k, 800, 700) @ 5k GP, 60 sec rep/5 min set rest  **The 700 starts at the 300 start line	3-6 + Strides	Travel + 2-4 + 3 x 150 @ fast, faster, fastest *Stay controlled*	Nooga @ Night
4	Oct 13		State Prep @ Sokol 2-3 x (Gravel loop @ threshold + 4 x short hard hills + gravel loop @ threshold), 2-4 min res	3-6 + Strides	3 x 1k @ 5k GP, kick last 200, 4 min rest OR 1k + 800 + 600 @ 5k, kick last 200 on each, 4 min then 3 min rest	3-6 + Strides	2-3 + 3 x 150 @ fast, faster, fastest *Stay controlled*	City/County

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3	Oct 20		LR (5-9)	1.5-3 + 8 x Hill Sprint, 3 min rest + 1.5-3	1200 @ 5k GP 1200 @ threshold 800 @ faster 1200 @ threshold 400 @ FAST, REST = 2:00-2:30	2-4 + Strides	5 x 1k @ 5k GP, 60-75 sec rest	3-6 + Strides
2	Oct 27		4 x 600 @ 5k w/ middle 200m surge @ 1600- 3200, 2:30 rest  (200 @ 5k, 200 @ 1600- 3200, 200 @ 5k, all continuous)	3-6 + Strides	2-3 + 3 x 150 @ fast, faster, fastest *Stay controlled*	Sectionals	3-6 + Strides	15 min @ threshold + 4 x 200 @ 1600-3200, 200 jog rest  *Keep it controlled*
1	Nov 3		3-5 + Strides	5 min @ threshold 800 @ 5k 400 @ 3200 300 @ 1600 200 @ 800 3 x 100 @ fast 100 walk, 100 jog rest for all	3-5 + Strides	3-4	2-3 + 3 x 150 @ fast, faster, fastest *Stay controlled*	State