	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	13-Mar	**14-Mar**	**15-Mar**	**16-Mar**	**17-Mar**	**18-Mar**	**19-Mar**
Week 1	CORE Distance V 35-40 JV 10-20 ImPact /LOA	WU/Drills Tempo 15-20 JV 1-2 mi	CORE WEIGHTS Distance V 35-40 JV 10-20	CORE Distance V 35-40 JV 10-15 4 x 200m	WU/ Drills 1 mi Timed V 2H/2E x6 JV 1H/1E x 8-10 WEIGHTS	V-Hills meet at Civic Ctr JV-off	V-Distance 50-55min JV-20-30 min or cross train
	20-Mar	**21-Mar**	**22-Mar**	**23-Mar**	**24-Mar**	**25-Mar**	**26-Mar**
Week 2	CORE WEIGHTS Distance V 35-40 JV 15-30	WU/Drills 600 Time Trial 2x 10min Tempo CD-5-20 min	CORE WEIGHTS Distance V 35-40 JV 10-20	WU/ Drills V 2H/2E x8-10 JV 1H/1E x 10-12 CD 5-20 min	CORE Distance V 40-50 JV 15-25 10 x 40m Striders	**HRR Meet** V-Hills JV-off	V-Distance 50-55min JV-20-30 min or cross train
	27-Mar	**28-Mar**	**29-Mar**	**30-Mar**	**31-Mar**	**1-Apr**	**2-Apr**
Week 3	CORE Distance V 40-45 JV 15-30	**MCC Meet** JV-Distance 20-30 Min 400,200,100 CD 5-10 min	CORE WEIGHTS Distance V 40-45 JV 15-30	WU/Drills 3 - 6 800's @ 4K Pace CD-5-20 min	WU/Drills Tempo 15-25 CD- 10-25 min CORE WEIGHTS	V-Hills JV-off	V-Distance 55-60 min JV-25-35 min
	3-Apr	**4-Apr**	**5-Apr**	**6-Apr**	**7-Apr**	**8-Apr**	**9-Apr**
Week 4	WU/Drills SB Workout CD 10-20 min	CORE WEIGHTS Distance V 40-45 JV 20-30	CORE WEIGHTS Distance V 50-55 JV 25-35	CORE 9/10 -Distance 20-30 & 4x 200m 11/12-WU/Drills 10x 400m @3k pace, 75% rest CD-20 min	**SBC-Meet (9/10)** 11/12-Distance 45-50 min 3x300m w/100m jog	V-Distance 35min JV-25 min	V-Distance 55-60 min JV-off
	10-Apr	**11-Apr**	**12-Apr**	**13-Apr**	**14-Apr**	**15-Apr**	**16-Apr**
Week 5	WU/Drills 3-5 x 1000M @ 3K Pace CD 10-15 min WEIGHTS	CORE Distance V 40-45 JV 20-30	**IKE @ DAKOTA**	CORE WEIGHTS Distance V 50-55 JV 25-35	WU/Drills V-Fart-ladder CD-20min JV-8-10 1h/1E CD-10min	V-Hills JV-off	V-Distance 1 Hour JV-25-35 min