

## Windsor Cross Country 2024

### Season Training Plan, Rev. 10/18/24

Week#	Week start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Start of Phase 3</b>								
3.1	Monday 9/9	2 E + 4 x 1,200m @ "I" pace w/3 min jg + 3 E	E day + 4 x 50m strides	2 E + 4x 1T w/1 min rests + 2 E	E day + 4 x 50m strides	E day + 4 x 50m strides	<b>Viking Opener</b>	L run <25% of the weeks mileage + 4x50m strides
3.2	Monday 9/16	2 E + (5x 1K @ "I" pace w/400 jg) + 2 E	E day + 4 x 50m strides	E day + 4 x 50m strides	2 E + 3 T + 4 x 200 R w/200 jg + 2 E <i>NIGHT TEMPO AT TRACK</i>	E day + 4 x 50m strides	L run <25% of the weeks mileage + 4x50m strides	Rest or Cross Train (no running)
3.3	Monday 9/23	2 E + 6x800 @ "I" w/400 jg + 2 E	E day + 4 x 50m strides	<b>NBL Tri-Meet</b>	E day + 4 x 50m strides	E day + 4 x 50m strides	<b>Eye Opener Invitational</b>	L run <25% of the weeks mileage + 4x50m strides
3.4	Monday 9/30	2 E + 4x 1,200 I w/3 min jg + 2 E	E day + 4 x 50m strides	E day + 4 x 50m strides	2 E + 3 x 2 T + 2 min rests + 4 x 200 R w/200 jg + 2 E	E day + 4 x 50m strides	1 E + 4 M + 1 E + 4 M	Rest or Cross Train (no running)
3.5	Monday 10/7	E day + 4 x 50m strides	<b>NBL Tri-Meet</b>	E day + 4 x 50m strides	E day + 4 x 50m strides	<b>Cloviss Invite</b>	L run <25% of the weeks mileage + 4x50m strides	Rest or Cross Train (no running)
3.6	Monday 10/14	2 E + 6 x 3min H w/2 min jg + 2 E	E day + 4 x 50m strides	E day + 4 x 50m strides	2 E + 3 progressive T + 1 E	E day + 4 x 50m strides	1.5 E + 1.5 M + 1.5 E + 1 T + 0.5 EZ	Rest or Cross Train (no running)
<b>Start of Phase 4</b>								
4.1	Monday 10/21	2 E + 6 x 4 min H w/3 min jg + 1 E	E day + 4 x 50m strides	<b>NBL Tri-Meet</b>	E day + 4 x 50m strides	E day + 4 x 50m strides	L run <25% of the weeks mileage + 4x50m strides	Rest or Cross Train (no running)
4.2	Monday 10/28	2 E + 3 x 1 T w/2 min rests + 2 E	E day + 4 x 50m strides	2 E + 4x 1,200 I w/3 min jg + 2 E	E day + 4 x 50m strides	E day + 4 x 50m strides <i>(no school - meet at 9am, Howarth Park, Santa Rosa)</i>	L run <25% of the weeks mileage + 4x50m strides	E day + 4 x 50m strides
4.3	Monday 11/4	E day + 4 x 50m strides (<6 miles total)	2 E + 3 x 1 T w/2 min rests + 2 E	E day + 4 x 50m strides (<7 miles total)	E day + 4 x 50m strides (<6 miles total)	E day + 4 x 50m strides (<4 miles total)	<b>NBL Championships</b>	EZ run <11 miles or 25% of weeks total + 4x50m strides
4.4	Monday 11/11	E day + 4 x 50m strides	2 E + 4x 1,200 I w/3 min jg + 2 E	E day + 4 x 50m strides	2 E + 3T steady + 2 E	E day + 4 x 50m strides	Lesser of 8 miles EZ or 20% of the weeks mileage + 4x50m strides	Rest or Cross Train (no running)
4.5	Monday 11/18	2 E + 3T steady + 2 E	E day + 4 x 50m strides	2 E + 3 x 1 T w/2 min rests + 1 E	E day + 4 x 50m strides	E day + 4 x 50m strides	<b>North Coast Section Championships</b>	Lesser of 8 miles EZ or 20% of the weeks mileage + 4x50m strides
4.6	Monday 11/25	2 E + 3 x 1 T w/2 min rests + 1 E	E day + 4 x 50m strides	E day + 4 x 50m strides	E day + 4 x 50m strides	E day + 4 x 50m strides	<b>California State Championships</b>	