

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 <i>IHSA XC State</i>
7 <i>Start of 2 weeks off</i>	8	9	10	11	12	13
14	15	16	17	18	19	20
21 <i>End of 2 weeks off</i>	22 <i>25-30 min. easy + 2 regular/2 Monster strides + abs</i>	23 Workout <i>Tempo Tuesday @ 4 pm - 14-16 min. com- fortably hard (may not be normal tempo pace)</i>	24 <i>25-30 min. easy General Strength Foam Roll</i>	25 <i>Off Day If doing Race skip workout Friday</i>	26 Workout <i>15 minute warm up (dynamics, 4 strides) 12 minute progression 15 min. cool down</i>	27 <i>25-30 min. easy + 4 strides @ MRP</i>
28 <i>Cross Train or Rest</i>	29 <i>30 min. easy + 2 regular/2 Monster strides + Core-X</i>	30 Workout <i>Tempo Tuesday @ 4 pm - 14-16 min. @ tempo pace</i>				

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 30 min. easy Notre Dame Bands	2 Workout 15 min. warm up 14 min. fartlek (2 min. on @ tempo/ 1 min recovery jog). 15 min cool down	3 30 min. easy + 4 strides @ MRP	4 Cross Train or Rest Weights
5 Rest or Cross Train	6 30-35 min. easy + 3 Penguin 150s + abs	7 Workout Tempo Tuesday @ 4 pm - 14-16 min. @ tempo pace	8 30-35 min. easy General Strength Foam Roll	9 Workout 15 minute warm up (dynamics, 4 strides) 17 min. progression 15 min. cool down	10 30 min. easy + 4 strides @ MRP	11 Cross Train or Rest Weights
12 Rest or Cross Train	13 30 min. easy + 3 regular/3 Monster strides + Core-X	14 Workout Tempo Tuesday @ 4 pm - 14-16 min. pac- ing other runners	15 30 min. easy Notre Dame Bands	16 Workout 15 min. wu/cd (dynamics, 4 strides) 3 x 3 min @ tempo, 2 min recovery fartlek	17 30 min. easy + 6 strides @ MRP	18 Cross Train or Rest Weights
19 Rest or Cross Train	20 Workout 40-45 min. long run (faster than recovery) + 3 Penguin 150s + abs	21 35-40 min. easy General Strength Foam Roll	22 Workout 15 min. wu/cd (dynamics, 4 strides) 2 x 3,2,1 min @ faster than tempo (1 minute jog b/w)	23 35-40 min. easy Notre Dame Bands	24 30 min. easy + 6 strides @ MRP	25 Merry Christmas! Rest
26 Rest or Cross Train	27 Workout 45-50 min. long run (faster than recovery) + 3 regular/3 Monster strides + Core-X	28 35-40 min. easy General Strength Foam Roll	29 Workout 15 min. wu/cd (dynamics, 4 strides) 2 x 1, 2, 3, 2, 1 @ 3 MRP (1 minute jog b/w)	30 35-40 min. easy Notre Dame Bands	31 30 min. easy + 6 strides @ MRP	

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 30 min. easy or Cross Train Weights
2 Rest	3 30 min. easy General Strength Foam Roll	4 Workout Tempo Tuesday @ 4 pm - 14-16 min. @ tempo pace	5 30 min. easy Notre Dame Bands	6 Workout 15 min wu/cd 3 x 2 min. @ MRP, 4 min. recovery jog	7 30 min. easy + 6 strides @ MRP	8 Cross Train or Rest Weights
9 Rest	10 40-45 min. easy General Strength Foam Roll	11 Workout Tempo Tuesday @ 4 pm - 14-16 min. @ tempo pace	12 35-40 min. easy Notre Dame Bands	13 Workout 50-55 min. long run progression + 3 Penguin 150s + abs	14 30 min. easy + 6 strides @ MRP	15 Cross Train or Rest Weights
16 Rest	17 40-45 min. easy General Strength Foam Roll	18 Workout Tempo Tuesday @ 4 pm - 14-16 min. @ tempo pace	19 40-45 min. easy Notre Dame Bands	20 Workout 50-55 min. long run progression + 3 regular/3 Monster strides + Core-X	21 30 min. easy + 6 strides @ MRP	22 Cross Train or Rest Weights
23 Rest	24 1st Day of Track Practice	25	26	27	28	29
30	31					