**Amy Van Alstine – Winter 2014**

**Dec. 23rd – 29th**

Mon- 8/4 + 4-6 x 30 second strides

Tues- 8 miles

Wed- 10 miles + 4-6 x 30 sec strides

Thurs- Fartlek = 3 min hard, 1 min easy, 2 min hard, 1 min easy, 1 min, 1 min easy for 36 minutes. Go by effort. 3 min segments should be at 10k race effort. 2 min segments at 5k effort. 1 min segments at 3k effort.

Fri- 6 miles

Sat- 10 miles  
Sun- 16 x 400 on the grass in 78 with 1 minute recovery

Total Mileage = 68 miles

**Dec. 30th – Jan 5th**

Mon- OFF

Tues- 8 miles + 4-6 x 10 sec hill sprints\*

Wed- 8 mile Steady State at Buffalo (if clear) (6:00 first loop, 5:50-55 2nd loop, 5:45-50 3rd loop)

Thurs- 8/4

Fri- 6/4 + 4-6 x 10 sec hill sprints

Sat- “LumberJack” at FoxGlenn- 4 x 400/ 10 min tempo/ 4 x 400/ 10 min tempo/ 4 x 400  
Sun- 10 miles

Total Mileage = 67-70 miles

**Jan 6th – 12th**

Mon- 6/4 + 4-6 x 10 sec hill sprints

Tues- Fartlek = 2 minutes hard, 1 minute easy for 6 miles. Buffalo (if clear)

Wed- 8 miles (or whatever travel allows)

Thurs- 6 miles

Fri- 4 miles

Sat- **BUPA Great Edinburgh Cross Country**  
Sun- OFF (or 40-50 minutes easy if you can get it in before traveling)

Total Mileage = 49-55 miles

**Jan 13th – 19th**

Mon- 8 miles

Tues- 10 miles

Wed- 8/4

Thurs- 6 mile Steady State- Buffalo Park (6:00 pace)

Fri- 8 miles

Sat- 8 miles + 6 x 10 sec hill sprints  
Sun- Long Run- 14 miles

Total Mileage = 72 miles

**Jan 20th – 26th**

Mon- 8 miles

Tues- 8/4 + 6 x 10 sec hill sprints

Wed- am Buffalo Park Hill Circuits x 4 pm 4 miles

Thurs- 10 miles

Fri- 8/4

Sat- 3 Mile Tempo Run (5:40) + 8 x 1 on, 1 off Fartlek.   
Sun- 8 miles

Total Mileage = 74 miles

**Jan 27th – Feb 2nd**

Mon- 8/4 + 6 x 10 sec hill sprints

Tues- Fast Finish Long Run- 15 miles with last 3 FAST

Wed- 8 miles

Thurs- 8/4 + 6 x 10 sec hill sprints

Fri- 10 x 800 at FoxGlenn

Sat- 6/4  
Sun- 10 miles

Total Mileage = 78 miles

**Feb 3rd – 9th**

Mon- 5 Mile Cutdown Tempo on Lake Mary= 6:00/5:50/5:40/5:30/5:20

Tues- 8/4

Wed- 10 miles

Thurs- 30 min warmup. 8 x 200 @35 with 200 jog. 30 min cooldown.

Fri- 6/4

Sat- 3 mile warmup. NAU MILE . 12 mile run after for 16 on the day.

Sun- 10 miles

Total Mileage = 79-81 miles

**Feb 10th – Feb 16th**

Mon- 8/4

Tues- 6 x 1200 at FoxGlenn at 8k XC Race effort

Wed- 8 miles

Thurs- 6 miles

Fri- 4 miles

Sat- **USA XC**  
Sun- 16 miles (nice and easy when you get back to Flag)

Total Mileage = 71 miles

**Fall 2015 Mens Club XC Training**

Week 1& 2 = Just Running

Week 3

Mon-

Tues-

Wed- 4mi Steady State (5:10)

Thurs-

Fri-

Sat- Long- 14

Sun-

Week 4

Mon-

Tues- Fartlek- 15 x 1 minute hard, 1 minute easy

Wed-

Thurs-

Fri- Leg Speed (8x20 sec)

Sat-

Sun- Long-15

Week 5

Mon-

Tues-

Wed- 6mi Steady State

Thurs-

Fri-

Sat- 16 mile FF Long Run (3)

Sun-

Week 6

Mon-

Tues- Buffalo Park Hill Circuits

Wed-

Thurs-

Fri- Leg Speed (6 laps straights and curves)

Sat-

Sun- Long- 16

Week 7

Mon-

Tues-

Wed- 3mi Tempo Run

Thurs-

Fri-

Sat- 16 mile Long Run with Surges

Sun-

Week 8

Mon-

Tues- 8mi Steady State

Wed-

Thurs-

Fri- Leg Speed (10x20 sec)

Sat-

Sun- Long- 18

Week 9 (Down Week)

Mon-

Tues-

Wed-

Thurs-

Fri-

Sat- 3mTempo/8mi Long/3mi Tempo

Sun-

Week 10

Mon-

Tues- GC Hill Circuits

Wed-

Thurs-

Fri- 8x200

Sat-

Sun- Long Run- 18-20

Week 11

Mon-

Tues-

Wed- 3mi/3x1mile/3mile

Thurs-

Fri-

Sat- FF Long Run (3)

Sun-

Week 12

Mon-

Tues- 8 x mile at Kiltie Loop (5:05). Craig runs #4 and #8 in 4:55.

Wed-

Thurs-

Fri- Leg Speed- 10 x 20 seconds (Dohner/Fauble) 4miles w/ pick-ups (Craig)

Sat-

Sun- **USATF 10mi Champs (Craig)**

Long for Dohner/Fauble

Week 13 (down week for Craig)

Mon-

Tues-

Wed- 8 mile Steady State for Dohner/Fauble (5:25 pace at Lake Mary)

Thurs-

Fri-

Sat- Long Run for Craig and Fauble (last 5 fast)

Sun- **GO! St. Louis 10k** **(Dohner)**

Week 14 (Down week for Dohner)

Mon-

Tues- 4mi Tempo Run (Craig and Scott)

Wed-

Thurs-

Fri- Leg Speed (300/200/100 x 3) (Dohner included)

Sat-

Sun-Long Run

Week 15

Mon-

Tues-

Wed- Buffalo Park Hill Circuits x 4

Thurs-

Fri-

Sat- 16 mile Alternating Pace Long Run (1mi at Marathon effort, 1 mile 1 min slower- 5:15/6:15)

Sun-

Week 16

Mon-

Tues- 20 x 200 on grass

Wed-

Thurs-

Fri- 4 miles w/ pick-ups

Sat-

Sun- **Phoenix 5k (Craig/Dohner) Phoenix 10k (Fauble)**

Week 17

Mon-

Tues-

Wed- Long

Thurs-

Fri-

Sat- 15 x 1k at Camp Verde

Sun-

Week 18

Mon-

Tues- 16 x 300 on grass

Wed-

Thurs-

Fri- Long (Dohner/Fauble)

Sat-

Sun- **Vegas Half (Craig)**

Week 19

Mon- 3 mile Tempo (5:00)/4x800 (2:26/2:24/2:22/2:20) Lake Mary (Dohner/Fauble)

Tues-

Wed-

Thurs- 4 miles w/ pick-ups (Dohner/Fauble)

Fri-

Sat- **Lake Nona 15k** (Dohner/Fauble) 10 x 800 (Craig) Very controlled pace

Sun-

Week 20

Mon-

Tues- FF Long Run (3) (Craig)

Wed-

Thurs-

Fri- 3 x 2 miles\* (BP- 10:10/10:05/10:00)

Sat-

Sun-

Week 21

Mon- 20 x 400 on grass (controlled) (72)

Tues-

Wed-

Thurs- Mile Repeats on dirt loop in Sedona\* (4:50/4:45/4:40/4:35/4:30/4:25)

Fri-

Sat-

Sun- Easy Long Run

Week 22

Mon-

Tues- 6x2 minutes hard, 1 minute easy (FoxGlenn)

Wed-

Thurs-

Fri-

Sat- **CLUB XC CHAMPS**

Sun-