

Day	Days run/workout	Notes
Monday	warmup, long run, stretch	Notes for Dekalb Clinic Coaches- CV is the same as tempo
Tuesday	warmup, aerobic run, stretch	
Wed	warmup, CV, cool down, strength training, stretch.	Notes on CV: try to make these continuous running of 10 minutes to 30 minutes, depending on the athlete start with less time and add as the athlete becomes fitter and more confident
Thursday	aerobic run, 6 strides, stretch.	
Friday	aerobic run, 6 strides, stretch.	Aerobic runs after CV days and workouts - 20 to 30 minutes of running
Saturday	aerobic run, 6 strides, stretch.	
Sunday	off	Strides: start at 50m and progress to 100m by the end of the season
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	warmup, 6 X 200m at current 400m pace (400m pace divided by 2 for 200m pace), cooldown, strength training stretch	
Friday	aerobic run, 6 strides, stretch.	
Saturday	aerobic run, 6 strides, stretch.	Rest for 200m and 300m repeats if "full" rest, about 4-5 minutes between each repeat
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	warmup, 6 X 200m at current 400m pace (400m pace divided by 2 for 200m pace), cooldown, strength training stretch	
Friday	aerobic run, 6 strides, stretch.	
Saturday	aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	Warmup, 3 x 300m at current 400m pace (400m divided by 4 X 3 = 300m pace) cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	Warmup, 3 x 300m at current 400m pace (400m divided by 4 X 3 = 300m pace) cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	Warmup, 3 x 300m at current 400m pace (400m divided by 4 X 3 = 300m pace) cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	Warmup, 4 x 300m at current 400m pace (400m divided by 4 X 3 = 300m pace) cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	Warmup, 5 x 300m at current 400m pace (400m divided by 4 X 3 = 300m pace) cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	Warmup, 4 X 300m at goal 400m pace, cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	Notes: about the middle of March, on CV days, shorten the length and as soon as the CV run is concluded, transition to 6 x 200m on the track with a 200m jog as rest. The 200s are run at 400m goal pace divided by 2
Wed	aerobic run, 6 strides, stretch.	
Thursday	warmup, 4 X 300m at goal 400m pace, cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	
Wed	aerobic run, 6 strides, stretch.	
Thursday	warmup, 3 X 300m at goal 400m pace, cooldown, strength training, stretch.	
Friday	aerobic run, 6 strides, stretch.	
Saturday	race or aerobic run, 6 strides, stretch.	
Sunday	off	
Monday	warmup, long run, stretch	
Tuesday	warmup, CV, cool down, strength training, stretch.	

