

May

Consistency: Strides at the end of the run to maintain speed, run the hills for strength work. The training plan below is for athletes coming off of a break after track season. New athletes please run easy 20-30 minutes daily or consult athletes if you have ?s during dead period.

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Week 1 back 5	6 Boys: 3-4 miles Girls: 2-3 miles	7 Meeting in Career Center Boys: 3-4 miles Girls: 2-3 miles	8 Boys: 3-4 miles Girls: 2-3 miles	9 Boys: 3-4 miles Girls: 2-3 miles	10 Boys: 3-4 miles Girls: 2-3 miles	11 Boys: 3-4 miles Girls: 2-3 miles
Week 2 back 12	13 Boys: 3-5 miles Girls: 3-4 miles	14 Boys: 3-5 miles Girls: 3-4 miles	15 Boys: 3-5 miles Girls: 3-4 miles	16 Boys: 3-5 miles Girls: 3-4 miles	17 Boys: 3-5 miles Girls: 3-4 miles	18 Boys: 3-5 miles Girls: 3-4 miles
Week 3 back 19	20 Boys: 4-6 miles Girls: 3-5 miles	21 Boys: 4-6 miles Girls: 3-5 miles	22 Boys: 4-6 miles Girls: 3-5 miles	23 Boys: 4-6 miles Girls: 3-5 miles	24 Boys: 4-6 miles Girls: 3-5 miles	25 Boys: 4-6 miles Girls: 3-5 miles
Week 4 back FINALS WEEK 26	No School- oyo 27 Boys: 5-7 miles Girls: 4-6 miles	P1/P4 Finals 28 Boys: 5-6 miles Girls: 4-5 miles	P2/P5 Finals 29 Boys: 4-6 miles Girls: 3-5 miles	P3/P6 Finals 30 Boys: 5-6 miles Girls: 4-5 miles	31 Boys: 4-6 miles Girls: 3-5 miles	1 JV/VG: 5-6 miles VB: 7 miles
Week 5 back 2	First day of Summer 3 JV/VG- 4-5 mi,VB 6-8 mi	4 B- 2-3mi; Jv/VG- 5-6 mi VB 6-7 mi	5 B- 2-3mi; Jv/VG- 5-6 mi VB 6-7 mi	6 Progression Run last 15/20 min of run 6 B- 2-3mi; Jv/VG- 5-6 mi VB 7-8 mi	7 B- 2-3mi; Jv/VG- 5-6 mi; VB 6-7 mi	8 JV/VG: 6-7 mi VB: 8 miles,

Athlete-led practices will take place throughout the CIF Dead Period. CIF Dead Period is June 2nd through June 15th. Summer Camp Begins June 17th.