

Cycle **Week** **Percentage** **Phase/Focus** **Week to Reg.** **WK Description / Energy System = Purpose**
 End - 3rd week Oct. 5-11 80% week Recov./ Comp. 6 3rd meet of season. Travel to GFU - race plan wait 3" - even to negative splits
 3 second wait on line after gun goes off. Forces you in the back of pack and learn to work way up. Learn to control anxiety. Great confidence builder.

Day	Date	Wk Type	Location/Course	WK Description
Sun	5	Run on own	- EI 30-40' run or XT 40-50' - do as needed - Keep it easy	
Mon	6	PM	Light FK SMU XC Course	CI 40-60' "pace change" wk - Descrp. W - 3-4x 60" & M - 4-5x 60" w/ 3' Rec begin after 15-20' WU Run 60" at approximate 5k race pace - All Post Wk: Dyn B + GS Pedestal/Myrtl + Core 5' + Crazy feet + stretch
Tue	7	AM - 6:30 PM	EI - shakeou Charneski - Rec. SMU XC course - Men 2-3x 1600 + 3-4mi EI run 2x 1600 at 88% - 2nd mi. Hammer 5-10" faster than pace & back to pace M-16's & W-12's	20'-30' EI - Finish w/ sprint & hurdle drills - 6-8x 100m strides @ 3k pace - Weight room final mile at Goal Pace / Women 4-5x 12 (same wk break down) 2-3x 12 + 3mi EI + 2x 12 (2nd H + final at GP) - Pre-WK: 15' WU + Dyn A + Sprt A + light stretch + 1-1-1 + 4x 60m strides / Pst-Wk: 10-15' CD + GS Pillar/Easy 10 + Core 7' + CF + stretch -- Be sure to Ice Bath!
Wed	8	AM - opt. PM	EI - shakeou 15-30' Charneski - Rec.	PM - Post WK: Do Dyn B - Lunge matrix 1x5 last 3 - Pedestal - Crazy Feet - Stretch (after strides) Recovery W - 30-40' / M - 40-50' / ALL - Finish w/ strides at end 6-8x 100m (2nd -1/2 done barefoot)+ Core 10'
Th	9	AM - 6:30 PM	EI - shakeou Charneski - Rec. SMU Track	20'-30' EI - Finish w/ sprint & hurdle drills - 4x 50j-50skp-50strd - Myrtl - Weight room MI - Pace WK focus is some leg turnover - 3-5mi run Pre-Wk routine + 1200 @ 5k goal pace + 3x 300m cut down w/ 100 rec (see pace chart below for 12 and 300 paces) each 300 drop 2", i.e., 53-51-49 / 1st 300 do 2" fast & cut down 3-5" WU - 15' EI + Dyn A + Sprnt A + Light stretch + 1-1-1 progr. + 4x 60m strides / Post WK: 10-15' + Dyn D + Core 5' + 2x10-15 PU + Stretch + massge/ice
Fri	10	PM	Modified OT run - Pre-Wk: 5' EI + Dyn D (1st 3) + 4x 60m strides + begin run 5' EI + 10' (W) / 15' (M) CI + 5-10' EI + 4x 75m strides at CI	Pst-Wk: Dyn D (last 3) + Tue/Th Sprint drills + Core 5' + Crazy Feet & Stretch 5'
Sat	11	AM - 5:45 AM - Race	Meet on campus and leave by 6:00 - Arrive at Park in OR do light 10' shakeout George Fox Univ. Invite. meet - Race plan wait 3" + even to negative splits + Ice bath - PM wk opt. 30-45' EI back in Lacey	

5k 14:47 = 3:33 (12) 53 (3) / 15:00 = 3:36 - 54 / 15:35 = 3:45 - 56 / 16:02 = 3:51 - 59 / 16:40 = 4:00 - 60 / 18:45 = 4:30 - 67 / 19:15 = 4:36 - 69 / 19:45 = 4:45 - 71 / 20:30 = 5:15 - 78 / 21:15 = 5:00
 85% - MT 4:30-45 = 5:17-35 / 4:45-5:00 = 5:35-52 / 5:00-15 = 5:53-6:00 -- Women: 5:30-45 = 6:28-45 / 5:45-6:00 = 6:45-7:03 / 6:00-15 = 7:03-21 / 6:15-30 = 7:21-38 / 6:30-45 = 7:38-55 (1600)
 85% - 1200 4:30-45 = 3:58-4:04 / 4:45-5:00 = 4:04-24 / 5:00-15 = 4:24-36 - Women: 5:30-45 = 4:45-5:02 / 5:45-6:00 = 5:02-15 / 6:00-15 = 5:15-30 / 6:15-30 = 5:30-41 / 6:30-45 = 5:41-55 (1200)
 85% - 1k 4:30-45 = 3:18-23 / 4:45-5:00 = 3:23-40 / 5:00-15 = 3:40-50 - Women: 5:30-45 = 4:02-14 / 5:45-6:00 = 4:12-23 / 6:00-15 = 4:23-35 / 6:15-30 = 4:35-44 / 6:30-45 = 4:44-56 (1000)

80%	20	24	28	32	36	40	44	48	52	56	60	64	68
100%	25 mi.	30 mi.	35 mi.	40 mi.	45 mi.	50 mi.	55 mi.	60 mi.	65 mi.	70 mi.	75 mi.	80 mi.	85 mi.
120%	30	36	42	48	54	60	66	72	78	84	90	96	102
R - 5%	1-1.25-1.5	1.2-1.5-1.8	1.4-1.75-2.1	1.6-2-2.4	1.8-2.25-2.7 / 2-2.5-3	2.2-2.75-5k / 1.4-3-5k	2.6-5k	2.8-5k	3-5k	5k	5k	(5k max)	
I - 8%	1.6-2-2.4	1.9-2.4-2.9	2.2-2.8-3.4	2.6-3.2-3.8	2.9-3.6-4.3 / 3.2-4-4.8	3.5-4.4-5.3/3.8-4.8-5.8	4.2-5.2-6.2	4.5-5.5-6.7	4.8-6-7.2	5.1-6.4-7.7	5.4-6.8-8.1	(10k max)	
T - 10%	2-2.5-3	2.5-3-3.5	3-3.5-4.2	3.2-4-5	3.5-4.5-5.5 / 4-5-6	4.5-5.5-6.5 / 5-6-7.2	5.2-6.5-8	5.5-7-8.5	6-7.5-9	6.5-8-9.5	7-8.5-10	(10mi max)	
LR - 20%	4-5-6	3-6-7.2	5-5-7-8.5	6.5-8-9.5	7.2-9-11 / 8-10-12	9-11-13.2/9.5-12-14.5	10.5-13-15.5	11.2-14-17	12-15-18	13-16-19.2	14-17-20		
LR - 25%	5-6.25-7.5	6-7.5-9	7-8.75-10.5	8-10-12	9-11.25-13.5/10-12.5-15	11-13.75-16.5/12-15-18	13-16.25-19.5	14-17.5-21	15-18.75-22.5	16-20-24	17-21-25.5		
LR - 30%	6-7.5-9	7.2-9-11	8.5-10.5-12.5	9.5-12-14.5	11-13.5-16.2 / 12-15-18	13-16.5-20/14-18-21.5	15.5-19.5-23	17-21-25.2	18-22-27	19-24-28	20-25-30		

Notes:

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