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Returning NHSXCB 2017

These guidelines designed for most returning/experienced runners (very advanced runners can discuss an accelerated plan with a coach). For those who have been running outdoor track, a two week rest period between seasons is prescribed (use the time to study for finals). Days may be shifted in the event of extream weather (e.g., >90 degrees), as long as the number of rest days in a given week is maintained.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
Jun 12	Jun 13	Jun 14	Jun 15	Jun 16	Jun 17	Jun 18	Week 1
Run - Easy 3 mi	Run - Easy 3 mi		Run - Easy 4 mi	Run - Easy 3 mi	Run - Easy 5 mi		Run: 18 mi
Jun 19	Jun 20	Jun 21	Jun 22	Jun 23	Jun 24	Jun 25	Week 2
Run - Easy 4 mi	Run - Easy 3 mi	Run - Easy 4 mi		Run - Easy 3 mi	Run - Easy 6 mi		Run: 20 mi
Jun 26	Jun 27	Jun 28	Jun 29	Jun 30	Jul 1	Jul 2	Week 3
Run - Easy 4 mi	Run - Easy 3 mi	Run - Easy 4 mi	Run - Easy 3 mi		Run - Long 7 mi		Run: 21 mi
Jul 3	Jul 4	Jul 5	Jul 6	Jul 7	Jul 8	Jul 9	Week 4
Run - Easy 3 mi	Run - Easy 4 mi	Run - Easy 3 mi	Run - Easy 4 mi	Run - Easy 3 mi	Run - Fartlek 6 mi		Run: 23 mi
Jul 10	Jul 11	Jul 12	Jul 13	Jul 14	Jul 15	Jul 16	Week 5
Run - Easy 4 mi	Run - Easy 3 mi	Run - Tempo 4 mi	Run - Easy 4 mi	Run - Easy 3 mi	Run - Long 7 mi		Run: 25 mi
Jul 17	Jul 18	Jul 19	Jul 20	Jul 21	Jul 22	Jul 23	Week 6
Run - Fartlek 4 mi	Run - Easy 5 mi	Run - Tempo 3 mi	Run - Easy 4 mi	Run - Easy 3 mi	Run - Long 8 mi		Run: 27 mi
Jul 24	Jul 25	Jul 26	Jul 27	Jul 28	Jul 29	Jul 30	Week 7
Run - Hill 4 mi	Run - Easy 5 mi	Run - Tempo 4 mi	Run - Easy 3 mi	Run - Easy 4 mi	Run - Long 9 mi		Run: 29 mi
Jul 31	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6	Week 8
Run - Fartlek 4 mi	Run - Easy 5 mi	Run - Tempo 4 mi	Run - Easy 5 mi	Run - Easy 3 mi	Run - Long 10 mi		Run: 31 mi
Aug 7	Aug 8	Aug 9	Aug 10	Aug 11	Aug 12	Aug 13	Week 9
Run - Hill 4 mi	Run - Easy 5 mi	Run - Tempo 4 mi	Run - Easy 6 mi	Run - Easy 3 mi	Run - Long 10 mi		Run: 32 mi
Aug 14	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	Aug 20	Week 10
Run - Fartlek 4 mi	Run - Easy 5 mi	Run - Tempo 4 mi	Run - Easy 6 mi	Run - Easy 4 mi	Run - Long 10 mi		Run: 33 mi

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