

Day	Monday	Tuesday	Wednesday	Thursday	Friday
When	7-8:30 AM	7-8:30AM	7:00-7:45	On Own	7-8:30AM (Breakfast till 9:30)
Where	City Park Gravel Lot by Football Field	Back Loop of Course (Park in grove past entrance)	High School	High School)	High School
What	Easy Run at Level, 5 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	10 min WU, Aerobic Repeats at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level, 4 x BS, ABCDFGH	Neural Day, ABCDEFGHIMV	Long Run at Level w/ 5x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, 6 x H, Lunge Matrix, MDC, Plank Matrix, ABCDEFGHIUV	15 min WU, Aerobic Repeats at Level, LBC, CoreX, ABCDFGHILQ, Barefoot+	Easy Run at Assigned Level, 5 x BS, ABCDFGHI	Neural Day, ABCDEFGHIMV	Long Run at Level w/ 5x25s strides, LBC, CoreX, ABCDFGHILQ, Barefoot+
	Easy Run at Assigned Level, 7 x H, Lunge Matrix, MDC, Plank Matrix+, ABCDEFGHIJKUVW	15 min WU, Aerobic Repeats at Level, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra	Easy Run at Assigned Level, 6 x BS, ABCDFGHI	Neural Day, ABCDEFGHIJKMTV	Long Run at Level w/ 5x30s strides, LBC+, CoreX, MDC, ABCDFGHILNQZ, Barefoot Ultra
Notes	<p>First loop for everyone will be the park loop. After that is freedom.</p> <p>Green: If you've completed Levels 1 and 2, you'll do Level 3 duration.</p> <p>Blue and Gold: If you've leveled up two weeks in a row, make sure you drop down a level. Otherwise, you may move up a level from last week.</p> <p>If you're leveling up, do one more hill sprint than last week. If you're leveling down do one less.</p> <p>Gold will do more advanced post-run.</p>	<p>After the dynamic warmup, run a warmup at easy pace for the assigned duration.</p> <p>Aerobic repeats are sort of like a fartlek, but the "on" segments are a little longer, and the other segments can drift a bit closer to easy running. Your level provides the structure. For example, "4-2 x 4" means four sets of 4 min at 5k effort and 2 min easy running.</p> <p>A watch is going to be super helpful for this.</p> <p>Green and Blue will do the same post-run work as the last two weeks.</p> <p>Gold will do more advanced post-run work, all of which can be found on the website.</p>	<p>The ultimate cross country game: Frisbee.</p> <p>As usual, feel free to stick around afterwards for a recovery run and barefoot strides.</p>	<p>This is a day you really can't make up on your own. Please try to make it if possible. If you can't, you should just do any easy run (maybe on the trail) as in previous weeks.</p> <p>After our warmup, we'll start with speed work of accelerations and wickets.</p> <p>From there we will split into two stations, one focused on weighted motions, the other focused on medicine ball throws.</p> <p>Stations will then switch.</p> <p>Next we will move to two other stations, one focused on self-therapy, the other focused on stretching. We will end with mobility work.</p>	<p>Our long runs will be returning to the same routes as before the dead period to see how much progress you've made.</p> <p>We'll do a modified version of our first week's route.</p> <p>Green and Blue: 5 x 25s strides during the latter part</p> <p>Gold: 5 x 30s strides in the last 20 minutes or so. Same post-run work as on Tuesday.</p> <p>Team breakfast afterward</p>