Davison XC Summer Training Plans - Week 13 (September 8-14)

						i	
Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advan	Pre Race 8		Aerobic w/ Strides 10	Pre Race 11	MSU Spartan Invite 12	Aerobic w/ Strides 13	Off Day 14
70	20 minutes easy, 2x100 @ 5k,	Race Day Warmup, 15 mins,	25-minute run	20 minutes easy, 2x100 @ 5k,	Race Day Warmup, 15 mins,	25-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 4x20 sec	Miles ≈
	500 race pace, 400 gears, 3x	400 start sim, 2x100 @ 5k,	strides 15-minute	500 race pace, 400 gears, 3x	out, 400 start sim, 2x 100 @	strides 15-minute	27-32
	100 @ final 400, 5 min easy	race, 10 min easy	mark of the run	100 @ final 400, 5 min easy	5k, race, 10 min easy	mark of the run	Mins ≈ 222
Advan	Pre Race 8	SVL Jamboree #1 9	Aerobic w/ Strides 10	Pre Race 11	MSU Spartan Invite 12	Aerobic w/ Strides 13	Off Day 14
65	20 minutes easy, 2x100 @ 5k,	Race Day Warmup, 15 mins,	25-minute run	20 minutes easy, 2x100 @ 5k,	Race Day Warmup, 15 mins,	25-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 4x20 sec	Miles ≈
	500 race pace, 400 gears,	400 start sim, 2x100 @ 5k,	strides 15-minute	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	strides 15-minute	27-32
	3x100 @ final 400, 5 min easy	race, 10 min easy	mark of the run	3x100 @ final 400, 5 min easy	5k, race, 10 min easy	mark of the run	Mins ≈ 222
Inter	Pre Race 8	SVL Jamboree #1 9	Aerobic w/ Strides 10	Pre Race 11	MSU Spartan Invite 12	Aerobic w/ Strides 13	Off Day 14
60	16 minutes easy, 2x100 @ 5k,	Race Day Warmup, 12 mins,	25-minute run	16 minutes easy, 2x100 @ 5k,	Race Day Warmup, 12 mins,	25-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 4x20 sec	Miles ≈
	500 race pace, 400 gears,	400 start sim, 2x100 @ 5k,	strides 15-minute	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	strides 10-minute	26-30
	3x100 @ final 400, 5 min easy	race, 10 min easy	mark of the run	3x100 @ final 400, 5 min easy		mark of the run	Mins ≈ 208
Inter	Pre Race 8	SVL Jamboree #1 9	Aerobic w/ Strides 10	Pre Race 11		Aerobic w/ Strides 13	Off Day 14
55	16 minutes easy, 2x100 @ 5k,	Race Day Warmup, 12 mins,	25-minute run	16 minutes easy, 2x100 @ 5k,	Race Day Warmup, 12 mins,	25-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 4x20 sec	Miles ≈
	500 race pace, 400 gears,	400 start sim, 2x100 @ 5k,	strides 15-minute	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	strides 10-minute	26-30
	3x100 @ final 400, 5 min easy	race, 10 min easy	mark of the run	3x100 @ final 400, 5 min easy		mark of the run	Mins ≈ 208
Base	Pre Race 8	•	Aerobic w/ Strides 10	Pre Race 11			Off Day 14
50	14 minutes easy, 2x100 @ 5k,	Race Day Warmup, 10 mins,	25-minute run	14 minutes easy, 2x100 @ 5k,	Race Day Warmup, 10 mins,	25-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 4x20 sec	Miles ≈
	500 race pace, 400 gears,	400 start sim, 2x100 @ 5k,	strides 15-minute	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	strides 15-minute	25-29
	3x100 @ final 400, 5 min easy	race, 10 min easy	mark of the run	3x100 @ final 400, 5 min easy		mark of the run	Mins ≈ 200
Base	Pre Race 8	·	Aerobic w/ Strides 10	Pre Race 11			Off Day 14
45	14 minutes easy, 2x100 @ 5k,	Race Day Warmup, 10 mins,	25-minute run	14 minutes easy, 2x100 @ 5k,	Race Day Warmup, 10 mins,	25-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 4x20 sec	Miles ≈
	500 race pace, 400 gears,	400 start sim, 2x100 @ 5k,	strides 10-minute	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	strides 10-minute	25-29
	3x100 @ final 400, 5 min easy	race, 10 min easy	mark of the run	3x100 @ final 400, 5 min easy		mark of the run	Mins ≈ 200
Base	Pre Race 8		Aerobic w/ Strides 10		•		Off Day 14
30		Race Day Warmup, 10 mins,			•		
30	12 minutes easy, 2x100 @ 5k, 2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	20-minute run	12 minutes easy, 2x100 @ 5k,	Race Day Warmup, 10 mins,	20-minute run with 4x20 sec	Week 13
			with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	strides 10-minute	Miles ≈
	500 race pace, 400 gears, 3x100 @ final 400, 5 min easy	400 start sim, 2x100 @ 5k, race, 10 min easy	strides 10-minute mark of the run	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	mark of the run	19-24
		·		3x100 @ final 400, 5 min easy	•		Mins ≈ 186
Begin	Pre Race 8		Aerobic w/ Strides 10		•	Aerobic w/ Strides 13	
	5 minutes easy, 2x100 @ 5k,	Race Day Warmup, 5 mins,	15-minute run	5 minutes easy, 2x100 @ 5k,	Race Day Warmup, 5 mins,	15-minute run	Week 13
	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-out,	with 4x20 sec	2x150 in-n-out, 400 sim start,	2x100 @ 5k, 2x150 in-n-	with 3x20 sec	Miles ≈
	500 race pace, 400 gears,	400 start sim, 2x100 @ 5k,	strides 7-minute	500 race pace, 400 gears,	out, 400 start sim, 2x100 @	strides 7-minute	14-18
	3x100 @ final 400, 5 min easy	race, 5 min easy	mark of the run	3x100 @ final 400, 5 min easy	5k, race, 5 min easy	mark of the run	Mins ≈ 142
Post	Pre Race Post Run	Post Run: Race Post Run	Post Run: Yellow	Pre Race Post Run	Post Run: Race Post Run	Post Run: Yellow	Off
Run			Easy			Easy	
	Pre Race Post Run	•	Post Run: Yellow		•	Post Run: Yellow	