

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

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