

Strength Training

Type	Legs	Plyo	Core	Arms
Exercises	2 Sets of 10 x Eccentric Heel Raises 10 x Single Leg Squats 10 x Single Leg Deadlifts 2 sets of 4 x 30 seconds x Wall Sit 4 x 30 Glute Bridge hold	Plyo options: 1) Low Pogo 2) Line Hops 3) High Pogo 4) Single leg Hop 5) Bounds 6) Single Leg Hop 7) Double Leg Hop and stick 8) Double Leg Continues	Core your choose:10 minutes	Quick Arms: Video 2 x 1 minute Runner Arms
Links	 How to Perform Ecc...	Plyo		https://www.youtube.com/watch?v=93dfWHds3IU
	 How to Do a Single-...			
	 One Kettlebell Singl...			
	 How to Do a Wall Si...			
	 Glute Bridge Hold - ...			
	https://www.youtube.com/watch?v=mjPtnF2ZxVg			
	https://www.youtube.com/watch?v=0CodCXxgMk4&ab_channel=HingeHealth			
	https://www.youtube.com/watch?v=b9bHy3ojQWA&			

	ab_channel=PurplePatchFitness			
	https://www.youtube.com/watch?v=cWTZ8Am1Ee0&ab_channel=Medbridge			
	https://www.youtube.com/watch?v=hV6mCbTESoM&ab_channel=MarcusFilly			

Run Training

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5/19	5/20	5/21	5/22	5/23	5/24	5/25
Information							
Week Purpose	Base						
Workout A	40-60 minutes	30-40 minutes	40-60 minutes	30-40 minutes	30-40 minutes	60-80 minutes	Off
Workout B	30-40 minutes	20-30 minutes	30-40 minutes	20-30 minutes	Off	50-60 minutes	Off
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	5/26	5/27	5/28	5/29	5/30	5/31	6/1
Information							
Week Purpose	Base						
Workout A	40-60 minutes	30-40 minutes	40-60 minutes	30-40 minutes	30-40 minutes	60-80 minutes	Off

Workout B	30-40 minutes	20-30 minutes	30-40 minutes	20-30 minutes	Off	50-60 minutes	Off
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	6/2	6/3	6/4	6/5	6/6	6/7	6/8
Information							
Week Purpose Base							
Workout A	50-70 minutes	30-40 minutes	50-70 minutes	30-40 minutes	40-50 minutes	60-80 minutes	Off
Workout B	40-50 minutes	30-40 minutes	40-50 minutes	30-40 minutes	Off	50-60 minutes	Off
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	6/9	6/10	6/11	6/12	6/13	6/14	6/15
Information	Down Week	Bob Shor Summer Series (Windsor)					
Week Purpose	Base						
Workout A	40-60 minutes	30-40 minutes	40-60 minutes	30-40 minutes	30-40 minutes	60-80 minutes	Off
Workout B	30-40 minutes	20-30 minutes	30-40 minutes	20-30 minutes	Off	50-60 minutes	Off
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	6/16	6/17	6/18	6/19	6/20	6/21	6/22

Information							
Week Purpose	Base						
Workout A	50-70 minutes	30-40 minutes	50-70 minutes	30-40 minutes	40-50 minutes	60-80 minutes	Off
Workout B	40-50 minutes	30-40 minutes	40-50 minutes	30-40 minutes	Off	50-60 minutes	Off
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	6/23	6/24	6/25	6/26	6/27	6/28	6/29
Information	Summer Running Club Start	Bob Shor Summer Series (Windsor)				Sonoma Mountain Run and Lunch	
Week Purpose	Base + Form + Speed						
Workout A	50-70 minutes Hill Strides	30-40 minutes Plyometrics	50-70 minutes Strides	30-40 minutes	40-50 minutes Hill Strides	70-90 minutes	Off
Workout B	40-50 minutes Hill Strides	30-40 minutes Plyometrics	40-50 minutes Strides	30-40 minutes	Off	60-70 minutes	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	6/30	7/1	7/2	7/3	7/4	7/5	7/6

Information					Kenwood Footrace		
Week Purpose	Base + Form + Speed						
Workout A	50-70 minutes Hill Strides	30-40 minutes Plyometrics	50-70 minutes Strides	30-40 minutes	40-50 minutes Hill Strides	70-90 minutes	Off
Workout B	40-60 minutes Hill Strides	30-40 minutes Plyometrics	40-60 minutes Strides	30-40 minutes	Off	60-70 minutes	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	7/7	7/8	7/9	7/10	7/11	7/12	7/13
Information	Down Week Bob Shor Summer Series (Windsor)						
Week Purpose	Base + Stamina + Hills						
Workout A	40-60 minutes	30-40 minutes Sprints (8-10 x 10 seconds	40-60 minutes Broken Steady State (5 x 3	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10	60-80 minutes	Off

		with 4 minute recovery	minutes with 30, 40, 50, 60 second recovery)		seconds with jog back down)		
Workout B	40-50 minutes	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery	40-50 minutes Broken Steady State (3-4 x 3 minutes with 30, 40, 50, 60 second recovery)	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	60-70 minutes	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Date	7/14	7/15	7/16	7/17	7/18	7/19	7/20
Information						Taylor Mountain and mini golf	
Week Purpose	Base + Stamina + Hills						
Workout A	50-70 minutes Plyo	40-50 minutes Sprints (8-10 x 10 seconds with 4 minute recovery	50-70 minutes Broken Steady State (5 x 4 minutes with 40, 50, 60, 70 second	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	70-90 minutes	Off

			recovery)				
Workout B	40-60 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery) Plyometrics	40-60 minutes Broken Steady State (3-4 x 4 minutes with 40, 50, 60, 70 seconds recovery)	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	Off	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	Channel 830am	Park Trail 530pm	Channel 830am	Park Trail 530pm	Channel 830am	Taylor Mountain 8:30 am / 12 pm Mini Golf	
Date	7/21	7/22	7/23	7/24	7/25	7/26	7/27
Information						Salmon Creek and picnic	
Week Purpose	Base + Stamina + Hills						
Workout A	50-70 minutes Plyo	30-40 minutes Sprints (8-10 x 10 seconds with 4 minute recovery)	50-70 minutes Broken Steady State (5 x 5 minute 50, 60, 70, 80 second recovery)	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	70-90 minutes	Off

Workout B	40-60 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery)	40-60 minutes Broken Steady State (3-4 x 5 minute 50, 60, 70, 80 second recovery)	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	Off	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	Channel 830am	Park Trail 530pm	Channel 830am	Park Trail 530pm	Channel 830am	Salmon Creek 8:30 am	
Date	7/28	7/29	7/30	7/31	8/1	8/2	8/3
Information						Marin Headlands and San Francisco Adventure	
Week Purpose	Base + Stamina + Hills						
Workout A	50-70 minutes Plyo	30-40 minutes Sprints (8-10 x 10 seconds with 4 minute recovery)	50-70 minutes Long Steady State (2 x 10 minutes with 60 seconds and 70 seconds recovery)	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	70-90 minutes	Off

Workout B	40-60 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery)	40-60 minutes Long Steady State (10 / 5 minutes with 60 seconds and 70 seconds recovery)	30-40 minutes	40-50 minutes Hill Strides (8-10 x 10 seconds with jog back down)	Off	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	Channel 830am	Park Trail 530pm	Channel 830am	Park Trail 530pm	Channel 830am	Marin Headlands Leave at 7am	
Date	8/4	8/5	8/6	8/7	8/8	8/9	8/10
Information	Down Week						
Workout A	40-60 minutes Plyo	30-40 minutes Sprints (8-10 x 10 seconds with 4 minute recovery)	40-60 minutes Long Steady (20 minute)	30-40 minutes	30-40 minutes Hill Strides (8-10 x 10 seconds with jog back down)	60-80 minutes	Off
Workout B	30-40 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute	30-40 minutes Long Steady (15 minute)	30-40 minutes	30-40 minutes Hill Strides (8-10 x 10 seconds with	Off	Off

		recovery			jog back down)		
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	Channel 830am	Park Trail 530pm	Channel 830am	Park Trail 530pm	Channel 830am	Channel 8:30am	
Date	8/11	8/12	8/13	8/14	8/15	8/16	8/17
Information	First Day of Practice						
August Training Purpose	Dynamic - Sprints / Hills						
August Racing Purpose	How to execute (Practice in Training). EX: Negative Splits / Effort / Non - Split						
August Focus	Team Building						
Mondays	How to Train the Body (Engine vs. Dynamic)						
Workout A	40-60 minutes Plyo	40-60 minutes Sprints (8-10 x	40-60 minutes	40-50 minutes	40-60 minutes Hill Strides	60-80 minutes	Off

		10 seconds with 4 minute recovery			(8-10 x 10 seconds with jog back down)		
Workout B	30-40 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery	30-40 minutes	30-40 minutes	30-40 minutes Hill Strides (8-10 x 10 seconds with jog back down)	Off	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	Montgomery 4pm	Montgomery 4pm	Montgomery 4pm	Montgomery 4pm	Montgomery 4pm	Channel 8:30am	
Date	8/18	8/19	8/20	8/21	8/22	8/23	8/24
Information							
August Training Purpose	Dynamic - Sprints / Hills						
August Racing Purpose	How to execute (Practice in Training). EX: Negative Splits / Effort / Non - Split						
August Focus	Team Building						

Mondays	How to Train the Body (Engine vs. Dynamic)						
Workout A	40-60 minutes Plyo	40-60 minutes Sprints (8-10 x 10 seconds with 4 minute recovery)	40-60 minutes	40-50 minutes	40-60 minutes Hill Strides (8-10 x 10 seconds with jog back down)	60-80 minutes	Off
Workout B	30-40 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery)	30-40 minutes	30-40 minutes	30-40 minutes Hill Strides (8-10 x 10 seconds with jog back down)	Off	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	3:40–4:00 PM – Team Meeting with Mr. LaFrance (at his classroom) 4:00 PM – Easy Run	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Park Trail	8:00 AM @ Channel	

	Plyo	Sprints (6-8 x 10 seconds with 4 minute recovery	Camp Ground loop Race Simulation		Hill Strides (4-6 x 10 seconds with jog back down)		
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	3:40–4:00 PM – Team Meeting with Mr. LaFrance (at his classroom) 4:00 PM – Easy Run	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Park Trail	Lagoon Valley 7:12 am arrival	

Date	9/1	9/2	9/3	9/4	9/5	9/6	9/7
Information				Bob Shor		Lowell	
September Training Purpose	Time on Feet						

September Racing Purpose	Run with Purpose						
September Team Focus	Long Time Together						
Monday	Fun Fun						
Workout A	40-60 minutes Plyo	40-60 minutes Sprints (8-10 x 10 seconds with 4 minute recovery	40-60 minutes Bob Shor Course steady intervals mile, 0.75, mile	40-50 minutes	30-50 minutes Hill Strides (4-6 x 10 seconds with jog back down)	Race	Off
Workout B	30-40 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery	30-40 minutes Bob Shor Course walk and min reps	Bob Shor	30-40 minutes Hill Strides (4-6 x 10 seconds with jog back down)	Race	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	

Location	4:00 PM – @ Galvin Park	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	3:00–6:00 PM @ Spring Lake	4:00–6:00 PM @ Park Trail	Spring Lake	
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Date	9/15	9/16	9/17	9/18	9/19	9/20	9/21
Information						Eye Opener	
September Training Purpose	Time on Feet						
September Racing Purpose	Run with Purpose						
September Team Focus	Long Time Together						
Monday	Kevin's Class						
Workout A	40-60 minutes Plyo	40-60 minutes Sprints (8-10 x 10 seconds with 4 minute recovery	50-70 minutes Cruise 800m	40-60 minutes Plyo	30-50 minutes Hill Strides (4-6 x 10 seconds with jog back	Race	Off

					down)		
Workout B	30-40 minutes Plyo	30-40 minutes Sprints (6-8 x 10 seconds with 4 minute recovery	40 - 60 minute Cruise 800m	30-40 minutes Plyo	30-40 minutes Hill Strides (4-6 x 10 seconds with jog back down)	Race	Off
Post Practice	Form Drills		Form Drills		Form Drills		
Strength	Legs	Arms/Core	Legs	Arms/Core			
Recovery	Stretching	Roll Out	Ice Bath	Roll Out	Stretching	Roll Out	
Location	3:40 Mr. LaFrance. 4pm Track	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Park Trail	Eye Opener	

Date	9/22	9/23	9/24	9/25	9/26	9/27	9/28
Information				League Meet			
September Training Purpose	Time on Feet						

September Racing Purpose	Run with Purpose						
September Team Focus	Long Time Together						
Monday	How to Race						
Workout A	40-60 minutes Strides	20 - 25 minute steady state or 4 x 1 mile steady	30 - 50 minutes	League Meet	40-60 minutes	80-100 minutes	Off
Workout B	30-50 minutes Strides	15 minute steady or 3 x 1 mile steady	20 - 40 minutes	League Meet	40 - 60 minutes	60 - 80 minutes	Off
Post Practice	Form Drills	Stretch	Form Drills		Stretch	Form Drills	
Strength	Arms / Core	Legs	Arms / Core	Legs			
Recovery	Ice Bath	Roll Out	Ice Bath	Roll Out	Stretch	Epsom Hot Bath	
Location	3:40 Mr. LaFrance. 4pm Track	4:00–6:00 PM @ Oak Knolls	4:00–6:00 PM @ Oak Knolls	Race. Spring Lake 3pm	4:00–6:00 PM @ Park Trail	Channel 8am	

[Full Training](#)

