

Hughson CC General Pre-Season Template and Sample Weeks

Expectations

- Athletes peak volume will increase approximately 5 miles per week for every competitive season.
- During off / pre season, only 2 major efforts per week. 1 long day, 1 tempo or fartlek day. More advanced athletes can add a medium long run
- Early in build up, the purpose of long runs will be to just cover the mileage. As athletes adapt, they can start to add harder efforts such as striders, fartlek, or progression.
- Double days can be started at any time. The second, easy stimulus will go a long way to preparing athletes for the bigger efforts later in their careers.
- Beginners will take days off as recovery. More advanced athletes will just take easy days as recovery.

General Pattern

- *Mon: Long 20-25% of weekly mileage, pace determined by point in pre season
- Tue: Drills, Core, HIIT, Recovery run
- Wed: Drill, Core, HIIT, Short Sprints, Easy Run
- *Thu: Drills, Core, HIIT, Short Tempo OR Fartlek + short reps, full rest
- Fri: Drills, Core, HIIT, Recovery run
- **Sat: Med long run, or mileage as needed
- Sun: Off or recovery run

8-15 mpw (only runs listed, auxiliary work will vary, warm ups count for mileage but not listed) Athletes should aim for 4-5 runs per week

- Mon: Long 3 miles
- Tue: Recovery 10 min easy jog + Stretch or off
- Wed: Easy 1.5-2 miles
- Thu: 20 min easy tempo
- Fri: off or easy recovery + stretch
- Sat: 2.0-2.5 easy
- Sun: Off

15-25 mpw (only runs listed, auxiliary work will vary, warm ups count for mileage but not listed) Athletes should aim for 5-7 runs per week.

- Mon: Long 4-6 miles
- Tue: Recovery 3 miles jog/shake out + stretch or off
- Wed: Easy run 3-4 miles (potential for 1-2 mile easy shake out in morning)
- Thu: 8 x 1 min @ CV effort, 1 min easy embedded in 4 mile run + 3 x 300 @ 100 @ vVO2
- Fri: Recovery 2-3 mile shake out. Or off
- Sat: 3-5 miles easy - moderate (potential for 1-2 mile shakeout in morning)
- Sun: off or very easy shake out.

25 - 35 mpw (only runs listed, auxiliary work will vary, warm ups count for mileage but not listed) athletes should aim for 5-8 runs per week.

- Mon: Long 5-8 miles
- Tue: Recovery 3-4 miles jog / shake out
- Wed: Easy 4-5 (potential for 2-3 mile easy shake out in morning)
- Thu: 20-30 min easy tempo, + 6 x 200 @ 105% vVO2 max, full recovery.
- Fri: Recovery 3-4 mile shake out or off
- Sat: 4-7 miles easy
- Sun: off or mileage as needed.

35 - 45 mpw (only runs listed, auxiliary work will vary, warm ups count for mileage but not listed) athletes should aim for 6-8 runs per week.

- Mon: Long 7-11 (6 x 20 second strides included in last 2 miles of run)
- Tue: Recovery 4-5 shake out + stretch
- Wed: 5-6 miles easy (opportunity for 3-4 miles in morning)
- Thu: 12 x 1 min @ CV effort / 1 min easy embedded in 5 mile run + 3 x 400 @ 100% vVO2 max pace, full recovery.
- Fri: 3-4 miles easy. Opportunity for AM double run.
- Sat: 6-9 miles easy or easy-moderate.
- Sun: off or easy as needed for mileage

45 + mpw (only runs listed, auxiliary work will vary, warm ups count for mileage but not listed) athletes should aim for 6-10 runs per week.

- Mon: Long 9-13 with last 4 miles at easy tempo effort
- Tue: Recovery AM 3-4 easy (optional), PM 4-5 easy
- Wed: AM 3-4 easy (optional), PM 4-5 easy
- Thu: 15 x 1 min @ CV effort embedded in 7 mile run + 6 x 100 striders, jog back recovery
- Fri: Recovery AM 3-4 easy (optional) PM 3-4 easy
- Sat: 7-10 miles easy or easy-moderate + relaxed striders.
- Sun: off or easy mileage as needed