Davison XC Advanced Training Plan (65) - Mins/Miles

Goals: 1) Train to compete among the top runners in the conference, region, and state; 2) Build a foundation to sustain high-level year-round training and competition; 3) Consistently complete post-run work.

Instructions: Start with Week 1, regardless of when you begin training, and continue with the progression. For example, if your 1st week of running isn't until July 8, start with Week 1 training on June 16 on the calendar below. Don't forget to log your runs on Strava. Recommended pre- and post-run work can be found here. Come to summer conditioning (info here). Contact Coach Ames at mames@davisonschools.org or Coach Crongeyer at mcrongeyer@davisonschools.org if you have questions or modifications. Note: If starting to feel flat or like work is too much, consider an off day or moderate run in place of a workout or shorten a long run.

June/July 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|-----------------------|------------------------|----------------------------|-----------------------|------------------------|---------------|
| Fartlek 16 | Aerobic w/ Strides 17 | Aerobic w/ Strides 18 | Long Run 19 | Aerobic w/ Strides 20 | Aerobic w/ Strides 21 | Off Day 22 |
| 7 min easy, 8 min w/ 4x20 | 32-minute run with | 36-minute run with | 65 minutes at the 45 | 32-minute run with | 36-minute run with | |
| sec strides, 25 min of 2 | 4x20 second strides | 4x20 second strides at | minute mark 4x25 | 4x20 second strides | 4x20 second strides at | Week 1 |
| min at 5k & 3 min steady, | at the 20-minute | the 20-minute mark | seconds at 5k effort w/ as | at the 20-minute | the 20-minute mark | Miles ≈ 30-35 |
| 5 min cooldown | mark | | much recovery as needed | mark | | Mins ≈ 246 |
| Post Run: Red Hard | Post Run: Red Easy | Post Run: Red Easy | Post Run: Red Hard | Post Run: Red Easy | Post Run: Red Easy | |
| Progression Run 23 | Aerobic w/ Strides 24 | Aerobic w/ Strides 25 | Long Run 26 | Aerobic w/ Strides 27 | Aerobic w/ Strides 28 | Off Day 29 |
| 7 min easy, 8 min w/ 4x20 | 33-minute run with | 37-minute run with | 67 minutes at the 45 | 33-minute run with | 37-minute run with | |
| sec strides, 25 min | 4x20 second strides | 4x20 second strides at | minute mark 4x25 | 4x20 second strides | 4x20 second strides at | Week 2 |
| progression: 10 min steady, | at the 20-minute | the 25-minute mark | seconds at 5k effort w/ as | at the 20-minute | the 25-minute mark | Miles ≈ 31-36 |
| 5 min a bit faster, 5 min a | mark | | much recovery as needed | mark | | Mins ≈ 252 |
| bit faster, 5 min fast but | | | | | | |
| controlled, 5 min easy | Post Run: Orange | Post Run: Orange | | Post Run: Orange | Post Run: Orange | |
| Post Run: Orange Hard | Easy | Easy | Post Run: Orange Hard | Easy | Easy | |
| Fartlek 30 | Aerobic w/ Strides 1 | Aerobic w/ Strides 2 | Long Run 3 | Aerobic w/ Strides 4 | Aerobic w/ Strides 5 | Off Day 6 |
| 7 min easy, 8 min with | 30-minute run with | 36-minute run with | 70 minutes at the | 34-minute run with | 36-minute run with | |
| 4x20 sec strides, 25 min of | 4x20 second strides | 4x20 second strides | 50-minute mark 5x25 | 4x20 second strides | 4x20 second strides at | Week 3 |
| 3 min at 5k & 2 min | at the 15-minute | at the 20-minute | seconds at 5k effort with | at the 20-minute | the 20-minute mark | Miles ≈ 31-36 |
| steady, 5 min cooldown | mark | mark | as much recovery as | mark | | Mins ≈ 251 |
| | Post Run: Orange | Post Run: Orange | needed | Post Run: Orange | Post Run: Orange | |
| Post Run: Orange Hard | Easy | Easy | Post Run: Orange Hard | Easy | Easy | |
| Progression Run 7 | Aerobic w/ Strides 8 | Aerobic w/ Strides 9 | Long Run 10 | Aerobic w/ Strides 11 | Aerobic w/ Strides 12 | Off Day 13 |
| 7 min easy, 8 min with | 35-minute run with | 39-minute run with | 72 minutes at the | 35-minute run with | 40-minute run with | |
| 4x20 sec strides, 25 min | 4x20 second strides | 4x20 second strides at | 50-minute mark 5x25 | 4x20 second strides | 4x20 second strides at | Week 4 |
| progression: 10 min steady, | at the 25-minute | the 25-minute mark | seconds at 5k effort with | at the 25-minute | the 30-minute mark | Miles ≈ 33-38 |
| 5 min a bit faster, 5 min a | mark | | as much recovery as | mark | | Mins ≈ 267 |
| bit faster, 5 min fast but | | | needed | | | |
| controlled, 5 min easy | Post Run: Orange | Post Run: Orange | | Post Run: Orange | Post Run: Orange | |
| Post Run: Orange Hard | Easy | Easy | Post Run: Orange Hard | Easy | Easy | |

Davison XC Advanced Training Plan (65) - Mins/Miles

July/August 2025

| Monday | Tuesday | | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---------------------|----|------------------------|-------------------------|-----------------------|------------------------|---------------|
| Aerobic Repeats 14 | Aerobic w/ Strides | 15 | Aerobic w/ Strides 16 | Long Run 17 | Aerobic w/ Strides 18 | Aerobic w/ Strides 19 | Off Day 20 |
| 7 min easy, 8 min with | 37-minute run with | | 42-minute run with | 75 minutes at the 55 | 37-minute run with | 42-minute run with | |
| 4x20 sec strides, 4 x (4 | 4x20 second strides | | 4x20 second strides at | min mark 5x25 secs at | 4x20 second strides | 4x20 second strides at | Week 5 |
| min at 5k & 3 min | at the 25-minute | | the 25-minute mark | 5k effort with as much | at the 25-minute | the 25-minute mark | Miles ≈ 34-39 |
| easy/steady), 5 min | mark | | | recovery as needed | mark | | Mins ≈ 278 |
| cooldown | Post Run: Orange | | Post Run: Orange | Post Run: Orange | Post Run: Orange | Post Run: Orange | |
| Post Run: Orange Hard | Easy | | Easy | Hard | Easy | Easy | |
| Progression Run 21 | Aerobic w/ Strides | 22 | Aerobic w/ Strides 23 | Long Run 24 | Aerobic w/ Strides 25 | Aerobic w/ Strides 26 | Off Day 27 |
| 7 min easy, 8 min with | 38-minute run with | | 43-minute run with | 77 minutes at the 55 | 38-minute run with | 43-minute run with | |
| 4x20 sec strides, 30 min | 4x20 second strides | | 4x20 second strides at | minute mark 5x30 | 4x20 second strides | 4x20 second strides at | Week 6 |
| progression: 10 min steady, | at the 25-minute | | the 30-minute mark | seconds at 5k effort w/ | at the 25-minute | the 30-minute mark | Miles ≈ 36-41 |
| 10 min a bit faster, 5 min a | mark | | | as much recovery as | mark | | Mins ≈ 289 |
| bit faster, 5 min fast but | | | | needed | | | |
| controlled, 5 min easy | Post Run: Yellow | | Post Run: Yellow | | Post Run: Yellow | Post Run: Yellow | |
| Post Run: Yellow Hard | Easy | | Easy | Post Run: Yellow Hard | Easy | Easy | |
| Fartlek 28 | Aerobic w/ Strides | 29 | Aerobic w/ Strides 30 | Long Run 31 | Aerobic w/ Strides 1 | Aerobic w/ Strides 2 | Off Day 3 |
| 7 min easy, 8 min with | 39-minute run with | | 44-minute run with | 80 minutes at the | 39-minute run with | 44-minute run with | |
| 4x20 sec strides, 35 min of | 4x20 second strides | | 4x20 second strides at | 60-minute mark 5x30 | 4x20 second strides | 4x20 second strides at | Week 7 |
| 3 min at 5k & 2 min | at the 25-minute | | the 30-minute mark | seconds at 5k effort | at the 25-minute | the 30-minute mark | Miles ≈ 38-43 |
| steady, 5 min cooldown | mark | | Post Run: Yellow | with as much recovery | mark | | Mins ≈ 301 |
| | Post Run: Yellow | | Easy | as needed | Post Run: Yellow | Post Run: Yellow | |
| Post Run: Yellow Hard | Easy | | | Post Run: Yellow Hard | Easy | Easy | |
| Aerobic Repeats 4 | Aerobic w/ Strides | 5 | Aerobic w/ Strides 6 | Long Run 7 | Aerobic w/ Strides 8 | Aerobic w/ Strides 9 | Off Day 10 |
| 7 min easy, 8 min with | 39-minute run with | | 42-minute run with | 80 minutes at the | 39-minute run with | 42-minute run with | |
| 4x20 sec strides, 4 x (5 | 4x20 second strides | | 4x20 second strides at | 60-minute mark 5x30 | 4x20 second strides | 4x20 second strides at | Week 8 |
| min at 5k & 3 min | at the 25-minute | | the 25-minute mark | seconds at 5k effort | at the 25-minute | the 30-minute mark | Miles ≈ 36-41 |
| easy/steady), 5 min | mark | | | with as much recovery | mark | | Mins ≈ 291 |
| cooldown | Post Run: Green | | Post Run: Green | as needed | Post Run: Green | Post Run: Green | |
| Post Run: Green Hard | Easy | | Easy | Post Run: Green Hard | Easy | Easy | |
| 30/90 Fartlek 11 | Aerobic w/ Strides | 12 | Aerobic w/ Strides 13 | Long Run 14 | Aerobic w/ Strides 15 | Aerobic w/ Strides 16 | Off Day 17 |
| 7 min easy, 8 min with | 40-minute run with | | 46-minute run with | 82 minutes at the | 40-minute run with | 46-minute run with | |
| 4x20 sec strides, 32 min of | 4x20 second strides | | 4x20 second strides at | 60-minute mark 5x30 | 4x20 second strides | 4x20 second strides at | Week 9 |
| 30 seconds at 5k & 90 | at the 25-minute | | the 30-minute mark | seconds at 5k effort | at the 25-minute | the 30-minute mark | Miles ≈ 38-43 |
| easy to start & slowly | mark | | | with as much recovery | mark | | Mins ≈ 306 |
| speeding up to steady, 5 | | | | as needed | | | |
| min cooldown | Post Run: Green | | Post Run: Yellow | | Post Run: Green | Post Run: Green | |
| Post Run: Green Hard | Easy | | Easy | Post Run: Green Hard | Easy | Easy | |