

Davison XC Advanced Training Plan (70) - 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 7 min easy, 8 min w/ 4x20 sec strides, 30 min of 2 min at 5k & 3 min steady, 5 min cooldown Post Run: Red Hard	Aerobic w/ Strides 17 34-minute run with 4x20 second strides at the 20-minute mark Post Run: Red Easy	Aerobic w/ Strides 18 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Red Easy	Long Run 19 70 minutes at the 50 minute mark 4x25 seconds at 5k effort w/ as much recovery as needed Post Run: Red Hard	Aerobic w/ Strides 20 34-minute run with 4x20 second strides at the 20-minute mark Post Run: Red Easy	Aerobic w/ Strides 21 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Red Easy	Off Day 22 Week 1 Miles ≈ 33-38 Mins ≈ 266
Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides, 35 min progression: 10 min steady, 10 min a bit faster, 10 min a bit faster, 5 min fast but controlled, 5 min easy Post Run: Orange Hard	Aerobic w/ Strides 24 35-minute run with 4x20 second strides at the 20-minute mark Post Run: Orange Easy	Aerobic w/ Strides 25 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Long Run 26 72 minutes at the 50 minute mark 4x25 seconds at 5k effort w/ as much recovery as needed Post Run: Orange Hard	Aerobic w/ Strides 27 34-minute run with 4x20 second strides at the 20-minute mark Post Run: Orange Easy	Aerobic w/ Strides 28 40-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Off Day 29 Week 2 Miles ≈ 34-39 Mins ≈ 277
Fartlek 30 7 min easy, 8 min with 4x20 sec strides, 25 min of 3 min at 5k & 2 min steady, 5 min cooldown Post Run: Orange Hard	Aerobic w/ Strides 1 30-minute run with 4x20 second strides at the 15-minute mark Post Run: Orange Easy	Aerobic w/ Strides 2 42-minute run with 4x20 second strides at the 30-minute mark Post Run: Orange Easy	Long Run 3 75 minutes at the 55-minute mark 5x25 seconds at 5k effort with as much recovery as needed Post Run: Orange Hard	Aerobic w/ Strides 4 37-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Aerobic w/ Strides 5 42-minute run with 4x20 second strides at the 30-minute mark Post Run: Orange Easy	Off Day 6 Week 3 Miles ≈ 34-39 Mins ≈ 271
Progression Run 7 7 min easy, 8 min with 4x20 sec strides, 25 min progression: 10 min steady, 5 min a bit faster, 5 min a bit faster, 5 min fast but controlled, 5 min easy Post Run: Orange Hard	Aerobic w/ Strides 8 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Aerobic w/ Strides 9 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Long Run 10 77 minutes at the 55-minute mark 5x25 seconds at 5k effort with as much recovery as needed Post Run: Orange Hard	Aerobic w/ Strides 11 38-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Aerobic w/ Strides 12 43-minute run with 4x20 second strides at the 30-minute mark Post Run: Orange Easy	Off Day 13 Week 4 Miles ≈ 36-41 Mins ≈ 285

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July/August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobic Repeats 14 7 min easy, 8 min with 4x20 sec strides, 4 x (4 min at 5k & 3 min easy/steady), 5 min cooldown Post Run: Orange Hard	Aerobic w/ Strides 15 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Aerobic w/ Strides 16 44-minute run with 4x20 second strides at the 30-minute mark Post Run: Orange Easy	Long Run 17 80 minutes at the 60 min mark 5x25 secs at 5k effort with as much recovery as needed Post Run: Orange Hard	Aerobic w/ Strides 18 39-minute run with 4x20 second strides at the 25-minute mark Post Run: Orange Easy	Aerobic w/ Strides 19 44-minute run with 4x20 second strides at the 30-minute mark Post Run: Orange Easy	Off Day 20 Week 5 Miles ≈ 36-41 Mins ≈ 291
Progression Run 21 7 min easy, 8 min with 4x20 sec strides, 30 min progression: 10 min steady, 10 min a bit faster, 5 min a bit faster, 5 min fast but controlled, 5 min easy Post Run: Yellow Hard	Aerobic w/ Strides 22 40-minute run with 4x20 second strides at the 25-minute mark Post Run: Yellow Easy	Aerobic w/ Strides 23 46-minute run with 4x20 second strides at the 30-minute mark Post Run: Yellow Easy	Long Run 24 82 minutes at the 60 minute mark 5x30 seconds at 5k effort w/ as much recovery as needed Post Run: Yellow Hard	Aerobic w/ Strides 25 40-minute run with 4x20 second strides at the 25-minute mark Post Run: Yellow Easy	Aerobic w/ Strides 26 46-minute run with 4x20 second strides at the 30-minute mark Post Run: Yellow Easy	Off Day 27 Week 6 Miles ≈ 38-43 Mins ≈ 304
Fartlek 28 7 min easy, 8 min with 4x20 sec strides, 35 min of 3 min at 5k & 2 min steady, 5 min cooldown Post Run: Yellow Hard	Aerobic w/ Strides 29 41-minute run with 4x20 second strides at the 25-minute mark Post Run: Yellow Easy	Aerobic w/ Strides 30 47-minute run with 4x20 second strides at the 30-minute mark Post Run: Yellow Easy	Long Run 31 85 minutes at the 60-minute mark 5x30 seconds at 5k effort with as much recovery as needed Post Run: Yellow Hard	Aerobic w/ Strides 1 41-minute run with 4x20 second strides at the 25-minute mark Post Run: Yellow Easy	Aerobic w/ Strides 2 47-minute run with 4x20 second strides at the 30-minute mark Post Run: Yellow Easy	Off Day 3 Week 7 Miles ≈ 40-45 Mins ≈ 316
Aerobic Repeats 4 7 min easy, 8 min with 4x20 sec strides, 4 x (4 min at 5k & 3 min easy/steady), 5 min cooldown Post Run: Green Hard	Aerobic w/ Strides 5 41-minute run with 4x20 second strides at the 25-minute mark Post Run: Green Easy	Aerobic w/ Strides 6 42-minute run with 4x20 second strides at the 25-minute mark Post Run: Green Easy	Long Run 7 85 minutes at the 60-minute mark 5x30 seconds at 5k effort with as much recovery as needed Post Run: Green Hard	Aerobic w/ Strides 8 41-minute run with 4x20 second strides at the 25-minute mark Post Run: Green Easy	Aerobic w/ Strides 9 47-minute run with 4x20 second strides at the 30-minute mark Post Run: Green Easy	Off Day 10 Week 8 Miles ≈ 38-43 Mins ≈ 301
30/90 Fartlek 11 7 min easy, 8 min with 4x20 sec strides, 32 min of 30 seconds at 5k & 90 easy to start & slowly speeding up to steady, 5 min cooldown Post Run: Green Hard	Aerobic w/ Strides 12 42-minute run with 4x20 second strides at the 25-minute mark Post Run: Green Easy	Aerobic w/ Strides 13 48-minute run with 4x20 second strides at the 30-minute mark Post Run: Green Easy	Long Run 14 87 minutes at the 60-minute mark 5x30 seconds at 5k effort with as much recovery as needed Post Run: Green Hard	Aerobic w/ Strides 15 42-minute run with 4x20 second strides at the 25-minute mark Post Run: Green Easy	Aerobic w/ Strides 16 48-minute run with 4x20 second strides at the 30-minute mark Post Run: Green Easy	Off Day 17 Week 9 Miles ≈ 40-45 Mins ≈ 319

