

Davison XC Summer Training Plans - Week 2 (June 23-29)

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced 70	Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides 35 min progression: 10 min steady, 10 min faster, 10 faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 35-minute run with 4x20 second strides at the 20-minute mark	Aerobic w/ Strides 25 39-minute run with 4x20 second strides at the 25-minute mark	Long Run 26 72 minutes at the 50 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 34-minute run with 4x20 second strides at the 20-minute mark	Aerobic w/ Strides 28 40-minute run with 4x20 second strides at the 25-minute mark	Off Day 29 Week 2 Miles ≈ 34-39 Mins ≈ 277
Advanced 65	Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides 25 min progression: 10 min steady, 5 min faster, 5 min faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 33-minute run with 4x20 second strides at the 20-minute mark	Aerobic w/ Strides 25 37-minute run with 4x20 second strides at the 25-minute mark	Long Run 26 67 minutes at the 45 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 33-minute run with 4x20 second strides at the 20-minute mark	Aerobic w/ Strides 28 37-minute run with 4x20 second strides at the 25-minute mark	Off Day 29 Week 2 Miles ≈ 31-36 Mins ≈ 252
Intermed. 60	Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides 25 min progression: 10 min steady, 5 min faster, 5 min faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 30-minute run with 4x20 second strides at the 20-minute mark	Aerobic w/ Strides 25 34-minute run with 4x20 second strides at the 20-minute mark	Long Run 26 65 minutes at the 45 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 30-minute run with 4x20 second strides at the 20-minute mark	Aerobic w/ Strides 28 34-minute run with 4x20 second strides at the 20-minute mark	Off Day 29 Week 2 Miles ≈ 28-34 Mins ≈ 238
Intermed. 55	Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides, 20 min progression: 10 min steady, 5 min a bit faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 28-minute run with 4x20 second strides at the 15-minute mark	Aerobic w/ Strides 25 32-minute run with 4x20 second strides at the 20-minute mark	Long Run 26 57 minutes at the 35 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 28-minute run with 4x20 second strides at the 15-minute mark	Aerobic w/ Strides 28 32-minute run with 4x20 second strides at the 20-minute mark	Off Day 29 Week 2 Miles ≈ 25-31 Mins ≈ 217
Base 50	Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides, 20 min progression: 5 min steady, 5 min a bit faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 25-minute run with 4x20 second strides at the 10-minute mark	Aerobic w/ Strides 25 29-minute run with 4x20 second strides at the 15-minute mark	Long Run 26 52 minutes at the 30 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 25-minute run with 4x20 second strides at the 10-minute mark	Aerobic w/ Stride 28 29-minute run with 4x20 second strides at the 15-minute mark	Off Day 29 Week 2 Miles ≈ 23-28 Mins ≈ 200
Base 45	Progression Run 23 7 min easy, 8 min w/ 4x20 sec strides, 20 min progression: 5 min steady, 5 min a bit faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 23-minute run with 4x20 second strides at the 10-minute mark	Aerobic w/ Strides 25 26-minute run with 4x20 second strides at the 15-minute mark	Long Run 26 47 minutes at the 25 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 23-minute run with 4x20 second strides at the 10-minute mark	Aerobic w/ Strides 28 26-minute run with 4x20 second strides at the 10-minute mark	Off Day 29 Week 2 Miles ≈ 21-25 Mins ≈ 180
Base 30	Progression Run 23 3 min easy, 7 min w/ 3x20 sec strides, 15 min progression: 5 min steady, 5 min a bit faster, 5 min fast but controlled, 5 min easy	Aerobic w/ Strides 24 16-minute run with 4x20 second strides at the 10-minute mark	Aerobic w/ Strides 25 22-minute run with 4x20 second strides at the 10-minute mark	Long Run 26 35 minutes at the 20 minute mark 4x25 secs at 5k effort w/ as much recovery as needed	Aerobic w/ Strides 27 20-minute run with 4x20 second strides at the 10-minute mark	Off 28 20 minutes of other form of exercise	Off Day 29 Week 2 Miles ≈ 12-16 Mins ≈ 123

Beginner	Progression Run 5 min easy, 12 min progression: 4 min steady, 4 min a bit faster, 4 min fast but controlled, 3 min easy	Aerobic w/ Strides 24 14-minute run with 4x20 second strides	Aerobic w/ Strides 25 14-minute run with 4x20 second strides	Long Run 20 minutes at the 10 minute mark 4x25 secs at 5k effort	Aerobic w/ Strides 27 14-minute run with 4x20 second strides at 10-mins	Off 20 minutes of other form of exercise	Off Day 29 Week 2 M ≈ 9-11 Mins ≈ 82
Post Run	Post Run: Orange Hard	Post Run: Orange Easy	Post Run: Orange Easy	Post Run: Orange Hard	Post Run: Orange Easy	Post Run: Orange Easy	Off