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

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Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced 70	Progression Run 23 7 min easy, 8 min w/ 4x20 sec	Aerobic w/ Strides 24 35-minute run	Aerobic w/ Strides 25 39-minute run with	Long Run 26 72 minutes at the 50	Aerobic w/ Strides 27 34-minute run	Aerobic w/ Strides 28 40-minute run with	Off Day 29
	strides 35 min progression: 10 min	with 4x20 second	4x20 second strides	minute mark 4x25 secs	with 4x20 second	4x20 second strides	Week 2
	steady, 10 min faster, 10 faster, 5	strides at the	at the 25-minute	at 5k effort w/ as much	strides at the	at the 25-minute	Miles ≈
	min fast but controlled, 5 min easy	20-minute mark	mark	recovery as needed	20-minute mark	mark	34-39
	Timi rast sat controlled, 5 Timi cas,	25 miliate mark	mark	recovery as needed	20 minute mark	THURK	Mins ≈ 277
Advanced	Progression Run 23	Aerobic w/ Strides24	Aerobic w/ Strides 25	Long Run 26	Aerobic w/ Strides 27	Aerobic w/ Strides 28	Off Day
65	7 min easy, 8 min w/ 4x20 sec	33-minute run	37-minute run with	67 minutes at the 45	33-minute run	37-minute run with	29
	strides 25 min progression: 10 min	with 4x20 second	4x20 second strides	minute mark 4x25 secs	with 4x20 second	4x20 second strides	Week 2
	steady, 5 min faster, 5 min faster, 5	strides at the	at the 25-minute	at 5k effort w/ as much	strides at the	at the 25-minute	Miles ≈
	min fast but controlled, 5 min easy	20-minute mark	mark	recovery as needed	20-minute mark	mark	31-36
							Mins ≈ 252
Intermed.	_	Aerobic w/ Strides24	Aerobic w/ Strides 25	Long Run 26	Aerobic w/ Strides 27	Aerobic w/ Strides 28	Off Day
60	7 min easy, 8 min w/ 4x20 sec	30-minute run	34-minute run with	65 minutes at the 45	30-minute run	34-minute run with	29
	strides 25 min progression: 10 min	with 4x20 second	4x20 second strides	minute mark 4x25 secs	with 4x20 second	4x20 second strides	Week 2
	steady, 5 min faster, 5 min faster, 5	strides at the	at the 20-minute	at 5k effort w/ as much	strides at the	at the 20-minute	Miles ≈
	min fast but controlled, 5 min easy	20-minute mark	mark	recovery as needed	20-minute mark	mark	28-34
							Mins ≈ 238
Intermed.	_	Aerobic w/ Strides 24	Aerobic w/ Strides 25		Aerobic w/ Strides 27	Aerobic w/ Strides 28	-
55	7 min easy, 8 min w/ 4x20 sec	28-minute run	32-minute run with	57 minutes at the 35	28-minute run		29
	strides, 20 min progression: 10	with 4x20 second	4x20 second strides	minute mark 4x25 secs	with 4x20 second	4x20 second strides	Week 2
	min steady, 5 min a bit faster, 5	strides at the	at the 20-minute	at 5k effort w/ as much	strides at the	at the 20-minute	Miles ≈
	min fast but controlled, 5 min easy	15-minute mark	mark	recovery as needed	15-minute mark	mark	25-31
							Mins ≈ 217
Base 50	_	Aerobic w/ Strides 24	Aerobic w/ Strides 25	_	Aerobic w/ Strides 27		Off Day
	7 min easy, 8 min w/ 4x20 sec	25-minute run	29-minute run with	52 minutes at the 30	25-minute run		29
	strides, 20 min progression: 5 min	with 4x20 second	4x20 second strides	minute mark 4x25 secs	with 4x20 second	4x20 second strides	Week 2
	steady, 5 min a bit faster, 5 min	strides at the	at the 15-minute	at 5k effort w/ as much	strides at the	at the 15-minute	Miles ≈
	fast but controlled, 5 min easy	10-minute mark	mark	recovery as needed	10-minute mark	mark	23-28
D 45	Dua autanian Dua	A / Ct 24				A - / C+ - 20	Mins ≈ 200
Base 45	Progression Run 23 7 min easy, 8 min w/ 4x20 sec	Aerobic w/ Strides 24 23-minute run	Aerobic w/ Strides 25 26-minute run with	Long Run 26 47 minutes at the 25	-	Aerobic w/ Strides 28 26-minute run with	Off Day 29
	strides, 20 min progression: 5 min	with 4x20 second		minute mark 4x25 secs	23-minute run	4x20 second strides	Week 2
	strates, 20 min progression. 5 min steady, 5 min a bit faster, 5 min	strides at the	4x20 second strides at the 15-minute	at 5k effort w/ as much	with 4x20 second	at the 10-minute	Week 2 Miles ≈
	fast but controlled, 5 min easy	10-minute mark	mark	recovery as needed	strides at the 10-minute mark	mark	21-25
	last but controlled, 5 min easy	10 minute mark	IIIaik	recovery as necuea	10-minute mark	mark	Mins ≈ 180
Base 30	Progression Run 23	Aerobic w/ Strides 24	Aprohic w/ Stridge 25	Long Run 26	Aerobic w/ Strides 27	Off 28	1
Da36 30	3 min easy, 7 min w/ 3x20 sec	16-minute run	22-minute run with	35 minutes at the 20	20-minute run	20	29
	strides, 15 min progression: 5 min	with 4x20 second	4x20 second strides	minute mark 4x25 secs	with 4x20 second	20 minutes of other	Week 2
	steady, 5 min a bit faster, 5 min	strides at the	at the 10-minute	at 5k effort w/ as much	strides at the	form of exercise	Miles ≈
	fast but controlled, 5 min easy	10-minute mark	mark	recovery as needed	10-minute mark	TOTTI OF EXCICISE	12-16
	.ast sac controlled, s min easy	25 minute mark	mark	. Storer , as necaea	15 minute mark		Mins ≈ 123
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Beginner	Progression Run 23	Aerobic w/ Strides 24	Aerobic w/ Strides 25	Long Run 26	Aerobic w/ Strides 27	Off 28	Off Day
	5 min easy, 12 min progression: 4	14-minute run	14-minute run	20 minutes at the 10	14-minute run		29
	min steady, 4 min a bit faster, 4	with 4x20 second	with 4x20 second	minute mark 4x25 secs	with 4x20 second	20 minutes of other	Week 2
	min fast but controlled, 3 min easy	strides	strides	at 5k effort	strides at 10-mins	form of exercise	M≈9-11
							Mins≈82
Post Run	Post Run: Orange Hard	Post Run: Orange	Post Run: Orange	Post Run: Orange Hard	Post Run: Orange	Post Run: Orange	Off
		Easy	Easy		Easy	Easy	