

Group 1

Day 1 3 miles easy

Day 2 7x400 these are hard with 2 minutes of recovery between each. You should get faster as you go

Day 3 2-3 miles easy

Day 4 2 mile tempo run with the team or 4 miles at a harder effort over hills

Day 5 3 miles easy

Day 6 5-6 miles long run. Speed matters less on this run but if you want to get after this a bit you can just gradually get faster as you go

Day 7 OFF

Group 2

Day 1 2 miles easy

Day 2 6x400 these are hard with 2 minute recovery walk between. You should get faster as you go so start under control for the first couple.

Day 3 OFF

Day 4 2 mile tempo run with the team or 3 miles over hills

Day 5 2 miles easy

Day 6 4 miles long run. Speed is not important just cover the miles

Day 7 OFF

Group 3

Day 1 20 minutes jog with walk breaks if needed

Day 2 4x400 these are hard efforts and then take 2-3 minutes to recover between each

Day 3 OFF

Day 4 Run with the team or 25 minutes as harder effort

Day 5 OFF

Day 6 25 minutes jog with walk breaks if needed

Day 7 OFF

Have a great week.