

	Less Experienced XC									HIIT CORE	HIIT SPEED
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		after CT Runs	after CT Runs
	Week		Q1		Q2			Q3		HIIT CORE	HIIT Running
May 20- May 26	1	30 min CT	Week 24 Phase I 30 min CT+ 6 Strides + 6 min CT	10 min CT + 5 strides + 10 min CT + 5 strides + 10 min CT	10-15 min WU 8x200m R w 200m j (<30miles) 2 sets of 6x200m R w 200m j (with 400m j between sets) (<40miles) + 10-15 min WD	10 min CT + 5 strides + 10 min CT + 5 strides + 10 min CT	10-15 min WU Steady 3 mile PPM (<40miles) + 10-15 min WD	30 min CT+ 6 Strides + 6 min CT		Week 1 – 20 seconds up, 10 seconds down – 2 Sets	Week 1 - 15 seconds Up, 15 seconds Off - 1:30 duration
May 27- June 2	2	30 min CT or OFF	Week 23 Phase I CT or LR (lesser of 20% or 60min)	30 min CT+ 6 Strides + 6 min CT	10-15 min WU 5-6 x 2 min H w 1 min jog (<30miles) 7-8 x 2 min H w 1 min jog (<40miles) 6x800m l w 2 min jog (<45miles) + 10-15 min WD	10 min CT + 5 strides + 10 min CT + 5 strides + 10 min CT	10-15 min WU 8x200m R w 200m j (<30miles) 2 sets of 6x200m R w 200m j (with 400m j between sets) (<40miles) + 10-15 min WD	30 min CT+ 6 Strides + 6 min CT		2. Week 2 - 20 seconds up, 10 seconds down – 2 Sets	Week 2 - 15 seconds Up, 15 seconds Off - 1:30 duration
June 3- June 9	3	30 min CT	Week 22 Phase I CT or LR (lesser of 20% or 60min)	30 min CT+ 6 Strides + 6 min CT	10-15 min WU 4x5-6 minute or mile PPM w 1 min rests + 10-15 min WD	10 min CT + 5 strides + 10 min CT + 5 strides + 10 min CT	10-15 min WU 4x3 min H w 2 min jog (<30miles) 5x3 min H w 2 min jog (<40miles) 6x3 min H w 2 min jog (<45miles) + 10-15 min WD	30 min CT+ 6 Strides + 6 min CT		3. Week 3 - 20 seconds up, 10 seconds down – 2 Sets	Week 3 - 15 seconds Up, 15 seconds Off - 1:30 duration
June 10- June 16	4	30 min CT or OFF	Week 21 Phase I CT or LR (lesser of 20% or 60min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<30miles) 3 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU Steady 3 mile PPM (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills		4. Week 4 - 30 seconds up, 15 seconds down – 2 Sets	Week 4 - 20 seconds Up, 10 seconds Off - 1:30 duration
June 17-June 23	5	CT	Week 20 Phase I LR (lesser of 25% or 75min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 3x4min H w 3 min jog (<30miles) 4x4min H w 3 min jog (<40miles) 5 x1000m l w 3 min j (<45miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<30miles) 3 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills		5. Week 5 - 30 seconds up, 15 seconds down – 2 Sets	Week 5 - 20 seconds Up, 10 seconds Off - 1:30 duration
June 24-June 30	6	CT or OFF	Week 19 Phase I LR (lesser of 25% or 75min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x5-6 minute or mile PPM w 1 min rests + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 5-6 x 2 min H w 1 min jog (<30miles) 7-8 x 2 min H w 1 min jog (<40miles) 6x800m l w 2 min jog (<45miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills		6. Week 6 - 30 seconds up, 15 seconds down – 3 Sets	Week 6 - 15 seconds Up, 15 seconds Off - 2:00 duration
July 1-July 7	7	CT	Week 18 Phase II LR (lesser of 25% or 75min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2x200m R w 200m j, 2x400m R w 400m j, and 2x200m R w 200m j (<30miles) 4x200m R w 200m j, 2x400m R w 400m j, and 4x200m R w 200m j (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU Steady 3 mile PPM (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills		7. Week 7 - 30 seconds up, 15 seconds down – 3 Sets	Week 7 - 15 seconds Up, 15 seconds Off - 2:00 duration

July 8-July 14	8	CT or OFF	Week 17 Phase II LR (lesser of 25% or 80min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x3 min H w 2 min jog (<30miles) 5x3 min H w 2 min jog (<40miles) 6x3 min H w 2 min jog (<45miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2x200m R w 200m j, 2x400m R w 400m j, and 2x200m R w 200m j (<30miles) 4x200m R w 200m j, 2x400m R w 400m j, and 4x200m R w 200m j (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	8. Week 8 - 40 seconds up, 20 seconds down - 2 Sets	Week 8 - 20 seconds Up, 10 seconds Off - 2:00 duration
July 15-July 21	9	CT	Week 16 Phase II LR (lesser of 25% or 85min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x5-6 minute or mile PPM w 1 min rests + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x3 min H w 2 min jog (<30miles) 5x3 min H w 2 min jog (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	9. Week 9 - 40 seconds up, 20 seconds down - 2 Sets	Week 9 - 20 seconds Up, 10 seconds Off - 2:00 duration
July 22-July 28	10	CT or OFF	Week 15 Phase II LR (lesser of 25% or 90min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2x200m R w 200m j, 2x400m R w 400m j, and 2x200m R w 200m j (<30miles) 4x200m R w 200m j, 2x400m R w 400m j, and 4x200m R w 200m j (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU Steady 3 mile PPM (<40miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10. Week 10 - 40 seconds up, 20 seconds down - 2 Sets	Week 10 - 15 seconds Up, 15 seconds Off - 2:30 duration
July 29-Aug 4	11	CT	Week 14 Phase II CT + 6-8x20 sec strides + 3 Circuits of training drills	LR (lesser of 25% or 95min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 5-6 x 2 min H w 1 min jog (<30miles) 7-8 x 2 min H w 1 min jog (<40miles) 6x800m I w 2 min jog (<45miles) + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2x200m R w 200m j, 2x400m R w 400m j, and 2x200m R w 200m j (<30miles) 4x200m R w 200m j, 2x400m R w 400m j, and 4x200m R w 200m j (<40miles) SPARTAN 1 MILE TIME TRIAL + 10-15 min WD	11. Week 11 - 40 seconds up, 15 seconds down - 2 Sets	Week 11 - 15 seconds Up, 15 seconds Off - 2:30 duration
Aug 5-Aug 11	12	CT or OFF	Week 13 Phase II CT + 6-8x20 sec strides + 3 Circuits of training drills	LR (lesser of 25% or 100min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x5-6 minute or mile PPM w 1 min rests + 10-15 min WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x3 min H w 2 min jog (<30miles) 5x3 min H w 2 min jog (<40miles) 6x3 min H w 2 min jog (<45miles) + 10-15 min WD	12. Week 12 - 40 seconds up, 15 seconds down - 2 Sets	Week 12 - 20 seconds Up, 10 seconds Off - 2:30 duration
Aug 12-Aug 18	13	CT	Week 12 Phase III CT + 6-8x20 sec strides + 3 Circuits of training drills	10-15 min WU Steady 3 mile PPM (<40miles) + 10-15 min WD	CT + 8x20 sec strides + 3 Circuits of training drills	10-15 min WU 4x300m R w 300m j and 1x400m R (<30miles) 2x200m R w 200m j, 2x600m R w 600m j, and 2x400m R w 400m j (<40miles) + 10-15 min WD	CT + 8x20 sec strides + 3 Circuits of training drills	10-15 min WU 2 Mile Clash of Clans Race or 3x4min H w 3 min jog (<30miles) 4x4min H w 3 min jog (<40miles) 5x100m I w 3 min j (<45miles) + 10-15 min WD	13. Week 13 - 45 seconds up, 20 seconds down - 2 Sets	Week 13 - 20 seconds Up, 10 seconds Off - 2:30 duration