

			More Experienced XC						HIIT CORE	HIIT SPEED
	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	after CT Runs	after CT Runs
			Q1		Q2			Q3	HIIT CORE	HIIT Running
May 20- May 26	1	CT	Week 24 Phase I CT or LR of the lesser of 60min or 25%	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +2 sets of 8x200m R w 200m j (with 800m j between sets) (<50miles) 2 sets of 10x200m R w 200m j (with 800m j between sets) (<60miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT + 4x200m R w 200m j+2x1mile PPM w 1min rest+4x200m R w 200m j+ 2 mile CT	CT + 6-8x20 sec strides + 3 Circuits of training drills	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	CT or OFF	Week 23 Phase I CT or LR of the lesser of 60min or 25%	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT + 7x2min H 1 minj+ 2 mile CT	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +4 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<50miles) 5 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<60miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	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	CT	Week 22 Phase I CT or LR of the lesser of 60min or 25%	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT + 3x1mile PPM w 1 min rest+6x200mR w200mj+ 2 mile CT	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +2 mile CT + 3x3min H 1 minj+ 4x2min H 2 minj+2 mile CT + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	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	CT or OFF	Week 21 Phase I LR (lesser of 20% or 70min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +4x200m R w 200m j, 4x400m R w 400m j , and 4x200m R w 200m j (<50miles) 6x200m R w 200m j, 6x400m R w 400m j , and 2x200m R w 200m j (<60miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT +4x200m R w 200m j+ 3 mile PPM +4x200m R w 200m j+ 2 mile CT	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	2 mile CT WU +5-6 x1000m l w 3 min j (<55miles) 6-8 x1000m l w 3 min j (<70miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +4x400m R w 400m j and 8x200m R w 200mj (<50miles) 8x400m R w 400m j and 8x200m R w 200mj (<60miles) + 2 mile CT 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 80min)	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT + 4x1mile PPM w 1 min rest+4x200mR w200mj+ 2 mile CT	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +5 x1200m l w 3 min j (<55miles) 5-6 x1200m l w 3 min j (<70miles)	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	2 mile CT WU +8x400m R w 400m j (<50miles) 2x200m R w 200m j, 8x400m R w 400m j , and 2x200m R w 200m j (<60miles) or 10x400m R w 400m j (<60miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +6x5-6 minute or mile PPM w 1 min rests (40-70miles) + 2 mile CT 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	2 mile CT WU +4-5 x 5 minute H w 4 min j (<55miles) 5 x 5 minute H w 4 min j (<70miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU + 2x200m R w 200m j, 2x600m R w 600m j, and 4x400m R w 400m j (<50miles) 2x200m R w 200m j, 4x600m R w 600m j, and 3x400m R w 400m j (<60miles) + 2 mile CT 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	2 mile CT WU +2x10-15 minutes PPM or 2 mile w 2 minute rest and 2x5-6 minute or mile PPM w 1 minute rest (40-70miles)	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +5 x 4 minute H w 3 min j (<55miles) 4x3 min H w 2 min j and 4x2 min H w 1 min j (<70miles) + 2 mile CT 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	2 mile CT WU +2 sets of 8x200m R w 200m j (with 800m j between sets) (<50miles) 2 sets of 10x200m R w 200m j (with 800m j between sets) (<60miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +3x10-15 minutes PPM or 2 mile w 2 minute rest (40-70miles) + 2 mile CT 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 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	2 mile CT WU +7 x 3 minute H w 2 min j (<55miles) 3x3 min H w 2 min j and 4x2 min H w 1 min j and 5x1 min H w 30 sec j (<70miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +4 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<50miles) 5 sets of 200m R, 200mj, 200mR, 400mj, 400mR, and 200m j (<60miles) + 2 mile CT WD SPARTAN 1 MILE TIME TRIAL	11. Week 11 - 40 seconds up, 15 seconds down - 2 Sets	Week 11 - 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	2 mile CT WU +2x16-20 minute PPM or 3 mile PPM w 3 minute rest (40-70miles) + 2 mile CT WD	CT + 6-8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +10 x 2 minute H w 1 min j (<55miles) 3x3 min H w 2 min j and 4x2 min H w 1 min j and 5x1 min H w 30 sec j (<70miles) + 2 mile CT 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 + 8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +1x16-20 minute PPM, 3 minute rest, 10-15 minute PPM w 2 minute rest, and 5-6 minute PPM (40-70miles) + 2 mile CT WD	CT + 8x20 sec strides + 3 Circuits of training drills	2 mile CT WU +4x200m R w 200m j, 4x400m R w 400m j, and 4x200m R w 200m j (<50miles) 6x200m R w 200m j, 6x400m R w 400m j, and 2x200m R w 200m j (<60miles) + 2 mile CT WD	CT + 8x20 sec strides + 3 Circuits of training drills	2 Mile Clash of Clans Race or 6x1000m w 400m j+1 mile CT	13. Week 13 - 45 seconds up, 20 seconds down - 2 Sets	Week 13 - 20 seconds Off - 2:30 duration