

	Orange Plan										
	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	HIIT CORE	HIIT SPEED	
			Q1		Q2			Q3	after CT Runs	after CT Runs	
May 20- May 26	1	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	30-45 min 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	1	CT or OFF	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 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	30-45 min 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	
June 3- June 9	1	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	30-45 min 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	
June 10- June 16	1	CT or OFF	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 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	30-45 min 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	
June 17-June 23	1	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	30-45 min 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	
June 24-June 30	1	CT or OFF	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 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	30-45 min 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	
July 1-July 7	2	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	30-45 min 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	
July 8-July 14	3	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills or OFF	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 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	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	10 min CT + 8x(400m R w 400m j) + 10 min CT	30-45 min 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	
July 15-July 21	4	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills	Phase I: Weeks 1-4 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 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	30-45 min 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	
July 22-July 28	5	30-45 min CT + 6-8x20 sec strides + 3 Circuits of training drills or OFF	Phase II: Weeks 5-8 LR 60-90 min	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 4x(200m R + 200m j + 200m R + 200m j + 400m R + 400m j) + 15 min CT	60 min CT (can be 1 or 2 runs total 60 min) + 6-8x20 sec strides + 3 Circuits of training drills	15 min CT + 20 min PPM + 15 min CT	30-45 min 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	