

Summer Training Schedule																		
Wk	Day	Date	Location	Type (am/pm)	Wt	Gr	Blk	Elt	WU	HIIT	Workout Details	TAPP	BU's	HTwalk	Band	Roll	Strch	Leg Elv
1	Monday	3-Jun	BVSW	Recovery	2	3	4	5	LL		Recovery Run		4x's	HT	Band	Roll		
	Tuesday	4-Jun	Black Bob Park	Steady	3	4	5	6	HALF		Broken Steady (1.5mi Loops)			HT	Band	Roll		Leg Elv
	Wednesday	5-Jun		Recovery	0	3	4	5	LL		Recovery Run		4x's	HT			Strch	
	Thursday	6-Jun	Verheaghe Prk	Steady/(PM)	3	5	8	9	HALF		Broken Steady (0.5mi Loops)	Db1 rec	6x's	HT	Band	Roll		
	Friday	7-Jun	Deanna Rose	Long	4	6	8	9	HALF		Long Run		4x's	HT				Leg Elv
	Saturday	8-Jun	Heritage Park 8	Recovery	2	4	5	6	LL		Recovery Run		4x's	HT	Band	Roll	Strch	
	Sunday	9-Jun		rec or OFF	0	0	0	0	-		rec run or OFF							
2	Monday	10-Jun	BVSW	Fartlek/(PM)	4	6	8	9	FULL		Fartlek #1 (see below)	TAPP		HT	Band	Roll		Leg Elv
	Tuesday	11-Jun	Black Bob Park	Recovery/(PM)	3	4	8	9	LL		Recovery Run	TAPP	4x's	HT			Strch	
	Wednesday	12-Jun		Steady	0	4	6	7	HALF		Steady Run		6x's	HT				Leg Elv
	Thursday	13-Jun	Verheaghe Prk	MILLS/(PM)	4	6	9	10	FULL		Full Mills	TAPP		HT	Band	Roll		Leg Elv
	Friday	14-Jun	TBA (Pancakes)	Recovery	3	4	5	6	LL		Recovery Run		4x's	HT			Strch	
	Saturday	15-Jun	Heritage Park 8	Easy+	4	5	6	7	HALF	Wk#2	Easy Run ("Slow/Long" run)			HT	Band	Roll		Leg Elv
	Sunday	16-Jun		rec or OFF	0	0	0	0	-		rec run or OFF							
3	Monday	17-Jun	BVSW	Speed/(PM)	3	4	8	9	SPD		Speed Work #1 (see below)	TAPP						Leg Elv
	Tuesday	18-Jun	Black Bob Park	Tempo/(PM)	4	5	9	10	FULL		Tempo Run #1 (see below)	TAPP			Band	Roll		Leg Elv
	Wednesday	19-Jun		Recovery	3	4	5	6	LL		Recovery Run		4x's	HT			Strch	
	Thursday	20-Jun	Verheaghe Prk	Steady/(PM)	4	6	9	10	HALF		Steady Run	TAPP	6x's	HT	Band	Roll		
	Friday	21-Jun	Quivira Park	Long	5	7	9	10	HALF		Long Run		4x's	HT				Leg Elv
	Saturday	22-Jun	Heritage Park 8	Recovery+	0	3	4	5	LL	Wk#3	Recovery Run			HT	Band	Roll		
	Sunday	23-Jun		rec or OFF	0	0	0	0	-		rec run or OFF							
4	Monday	24-Jun	BVSW	CV+/(PM)	4	6	9	11	FULL		CV+Reps #1 (see below)	TAPP			Band	Roll		Leg Elv
	Tuesday	25-Jun	Black Bob Park	Recovery/(PM)	3	5	9	11	LL		Recovery Run	TAPP	4x's	HT	Band	Roll		
	Wednesday	26-Jun		Steady	0	4	6	7	HALF		Steady Run		6x's	HT			Strch	Leg Elv
	Thursday	27-Jun	Verheaghe Prk	MILLS/(PM)	4	6	9	11	FULL		Full Mills	TAPP		HT	Band	Roll		Leg Elv
	Friday	28-Jun	TBA (Pancakes)	Recovery	3	5	7	8	LL		Recovery Run		4x's	HT			Strch	
	Saturday	29-Jun	Heritage Park 8	Easy+	5	7	8	9	HALF	Wk#4	Easy Run			HT	Band	Roll		Leg Elv
	Sunday	30-Jun		rec or OFF	0	0	0	0	-		rec run or OFF							
5	Monday	1-Jul	On Your Own	Fartlek/(PM)	4	6	9	#	FULL		Fartlek #2 (see below)	Db1 rec						Leg Elv
	Tuesday	2-Jul	On Your Own	Recovery/(PM)	3	5	9	#	LL		Recovery Run	Db1 rec	4x's	HT			Strch	
	Wednesday	3-Jul		Pre-Meet Rec	3	4	6	7	LL		Recovery Run		4x's	HT			Strch	Leg Elv
	Thursday	4-Jul	On Your Own	RACE++	5	6	7	8	FULL		RACE			HT				Leg Elv
	Friday	5-Jul	On Your Own	Recovery/(PM)	4	5	9	#	LL		Recovery Run	Db1 rec	4x's	HT			Strch	
	Saturday	6-Jul	On Your Own	Easy+	5	7	8	9	HALF	Wk#5	Easy Run			HT				Leg Elv
	Sunday	7-Jul		rec or OFF	0	0	0	0	-		rec run or OFF							
6	Monday	8-Jul	BVSW	Tempo/(PM)	4	6	9	11	FULL		Tempo Run #2 (see below)	TAPP			Band	Roll		Leg Elv
	Tuesday	9-Jul	Black Bob Park	Recovery	3	5	9	11	LL		Recovery Run	TAPP	4x's	HT	Band	Roll		
	Wednesday	10-Jul		Steady+	4	6	7	8	HALF		Steady Run		6x's	HT			Strch	Leg Elv
	Thursday	11-Jul	Verheaghe Prk	MILLS/(PM)	4	6	9	11	FULL		Full Mills	TAPP		HT	Band	Roll		Leg Elv
	Friday	12-Jul	TBA (Pancakes)	Recovery/(PM)	3	5	8	9	LL		Recovery Run	Db1 rec	4x's	HT			Strch	
	Saturday	13-Jul	Heritage Park 8	Easy+	5	7	9	10	HALF	Wk#6	Easy			HT	Band	Roll		Leg Elv
	Sunday	14-Jul		rec or OFF			3	3	-		rec run or OFF							
7	Monday	15-Jul	BVSW	Speed/(PM)	4	6	9	10	SPD		Speed Work #2 (see below)	TAPP						Leg Elv
	Tuesday	16-Jul	Black Bob Park	Fartlek/(PM)	3	5	9	11	FULL		Fartlek #3 (see below)	TAPP		HT	Band	Roll		Leg Elv
	Wednesday	17-Jul		Recovery	3	4	5	6	LL		Recovery Run		4x's	HT			Strch	
	Thursday	18-Jul	Verheaghe Prk	Steady/(PM)	4	6	9	10	HALF		Steady Run	TAPP	6x's	HT	Band	Roll		
	Friday	19-Jul	I-Lan Park	Long	6	8	10	12	HALF		Long Run		4x's	HT				Leg Elv
	Saturday	20-Jul	Heritage Park 8	Recovery+	3	5	6	7	LL	Wk#7	Recovery Run			HT	Band	Roll		
	Sunday	21-Jul		rec or OFF	0	0	0	0	-		rec run or OFF							

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8	Monday	22-Jul	BVSW	CV+/(PM)	5	6	10	12	FULL		CV+Reps #2 (see below)	TAPP			Band	Roll		Leg Elv	
	Tuesday	23-Jul	Black Bob Park	Recovery/(PM)	4	5	9	11	LL		Recovery Run	TAPP	4x's	HT	Band	Roll			
	Wednesday	24-Jul		Steady+	4	6	7	8	HALF		Steady Run		6x's	HT			Strch	Leg Elv	
	Thursday	25-Jul	Verheaghe Prk	MILLS/(PM)	5	6	10	12	FULL		Full Mills	TAPP		HT	Band	Roll		Leg Elv	
	Friday	26-Jul	TBA (Pancakes)	Recovery/(PM)	4	5	9	11	LL		Recovery Run	Dbl rec	4x's	HT			Strch		
	Saturday	27-Jul	Heritage Park 8	Easy+	7	8	9	10	HALF	Wk#8	Easy Run			HT	Band	Roll		Leg Elv	
	Sunday	28-Jul		rec or OFF	0	0	3	4	-		rec run or OFF								
9	Monday	29-Jul	BVSW	Speed/(PM)	3	5	9	10	SPD		Speed Work #3 (see below)	TAPP						Leg Elv	
	Tuesday	30-Jul	Black Bob Park	Tempo/(PM)	4	6	9	11	FULL		Tempo run #3 (see below)	TAPP		HT	Band	Roll		Leg Elv	
	Wednesday	31-Jul		Recovery	3	4	6	7	LL		Recovery Run		4x's	HT			Strch		
	Thursday	1-Aug	Verheaghe Prk	Steady/(PM)	4	6	9	10	HALF		Steady Run	TAPP	6x's	HT	Band	Roll			
	Friday	2-Aug	Quivira Park	Long	7	9	11	13	HALF		Long Run		4x's	HT				Leg Elv	
	Saturday	3-Aug	Heritage Park 8	Recovery+	4	5	6	7	LL	Wk#9	Recovery Run			HT	Band	Roll			
	Sunday	4-Aug		rec or OFF	0	0	0	0	-		rec run or OFF								
10	Monday	5-Aug	BVSW	CV+/(PM)	5	7	10	12	FULL		CV+Reps #3 (see below)	TAPP			Band	Roll		Leg Elv	
	Tuesday	6-Aug	Black Bob Park	Recovery/(PM)	4	5	9	11	LL		Recovery Run	TAPP	4x's	HT	Band	Roll			
	Wednesday	7-Aug		Steady+	5	6	7	8	HALF		Steady Run		6x's	HT			Strch	Leg Elv	
	Thursday	8-Aug	Verheaghe Prk	MILLS/(PM)	5	7	10	12	FULL		Full Mills	TAPP		HT	Band	Roll		Leg Elv	
	Friday	9-Aug	TBA (Pancakes)	Recovery/(PM)	4	6	9	10	LL		Recovery Run	Dbl rec	4x's	HT			Strch		
	Saturday	10-Aug	Heritage Park 8	Easy+	6	7	8	9	HALF	Wk#10	Easy Run			HT	Band	Roll		Leg Elv	
	Sunday	11-Aug		rec or OFF	0	0	3	3	-		rec run or OFF								
11	Monday	12-Aug	BVSW	Speed/(PM)	4	5	8	9	SPD		Speed Work #4 (see below)	Dbl rec						Leg Elv	
	Tuesday	13-Aug	TBD	Temp-Fart/(PM)	5	6	9	10	FULL		Athlete Choice (see below)	Dbl rec		HT	Band	Roll		Leg Elv	
	Wednesday	14-Aug	On Your Own	Recovery	3	5	6	7	LL		Recovery Run		4x's	HT			Strch		
	Thursday	15-Aug	On Your Own	Steady/(PM)	4	6	9	10	HALF		Steady Run	Dbl rec	6x's	HT	Band	Roll			
	Friday	16-Aug	On Your Own	Recovery+	4	5	6	7	LL	Wk#11	Recovery Run			HT				Leg Elv	
	Saturday	17-Aug	On Your Own	Long	8	10	12	14	HALF		Long Run		4x's	HT	Band	Roll			
	Sunday	18-Aug		rec or OFF	0	0	0	0	-		rec run or OFF								
Performance Level Equivalence (PLE)				Weekly Miles				Wt Gr Blk Elt				Quality Workout Details							
Personal Bests		PLE (#) 35.0		Week 0				0 0 0 0				Date		Type		Details			
5kXC	16:02.0	mi pace	5:07.8	Week 1				14 25 34 40				6/10		Fartlek #1		(1:1 work/rest) E&B-(1,2,3,4,3,2,1), G&W-(1,2,3,4)			
5k	15:34.0	mi pace	4:58.9	Week 2				18 29 42 48				6/17		Speed Workout #1		6x8s hill sprints			
32	9:36.5	mi pace	4:48.3	Week 3				19 29 44 50				6/18		Tempo Run #1		E&B-3mi Prog, G-2mi Prog, W-10mins			
16	4:26.9	400m pace	1:06.7	Week 4				19 33 48 57				6/24		CV+Reps #1		E-(6x1k, 3, 2x2), B-(5x1k, 3x2), G-(4x1k, 2x2), W-(3x1k, 2)			
8	2:01.9	400m pace	1:00.9	Week 5 (OYO)				24 33 48 57				7/1		Fartlek #2		(1:1 work/rest) E&B-(1,2,3,4,4,3,2,1), G&W-(1,2,3,3,2,1)			
Easy Pace				Week 6				23 35 54 63				7/8		Tempo Run #2		E-(2x2mi), B&G-(2mi, 1mi), W-2mi			
7:04.9				Week 7				23 34 48 56				7/15		Speed Workout #2		6x10s hill sprints			
Steady Pace - Range				Week 8				29 36 57 68				7/16		Fartlek #3		(1:1 wrk/rst) E&B-(1,2,3,4,5,4,3,2,1), G&W-(1,2,3,4,3,2,1)			
5:57.4 - 6:42.4				Week 9				25 35 50 58				7/22		CV+Reps #2		E-(2x16, 4x8, 2x3, 2x2), B-(7x8, 300, 2x2), G-(6x8, 3x2), W-(4x8)			
Lactic Threshold Pace				Week 10				29 38 56 65				7/29		Speed Workout #3		6x12s hill sprints			
5:26.1				Week 11				28 37 50 57				7/30		Tempo Run #3		E-(1mi, 3mi, 1mi), B-(1mi, 2mi, 1mi), G-(1St, 2mi), W-(2mi)			
Critical Velocity				Group: Summer Mileage								8/5		CV+Reps #3		E-(7x1k, 2x4, 300), B-(6x1k, 3x3), G-(5x1k, 3x2), W-(4x1k)			
5:13.2				White 251 - 23 mi/wk								8/12		Speed Workout #4		6x10s flat sprints			
3:15.8				Green 364 - 33 mi/wk								8/13		(Opt #1) Fartlek #4		(1:1 wrk/rst) E&B-(1,2,3,4,5,4,3,2,1), G&W-(1,2,3,4,3,2,1)			
5k Track - 1mi Pace				Black 531 - 48 mi/wk								8/13		(Opt #2) Tempo #4		E-(2mi, 3mi), B-(2x2mi), G-(2mi, 1mi), W-(1mi Stdy, 2mi)			
4:58.9				Elite 619 - 56 mi/wk															
5k Track - 1k Pace				Full Mills - Maestro Times															
3:06.8				Level				Girls Boys											
3:12.4				Green 13:00 11:00															
				Black 12:00 10:00															
				Elite 11:00 9:00															