

MND CC: Training Plan 9

Start Date: Oct 16

Group Members: Greta A, Grace C, Janie D, Riley H, Jo K, Grace K, Kirsten K, Emilia S*

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun	Weekly Effort
Week 1	wu: 0.5mi drills: 0.5mi 7 mi easy *6 mi easy stretch 8 mi	wu: 0.5mi drills: 0.5mi 3 mi easy stretch 4 mi	wu: 0.5mi drills: 0.5mi 7 x 600 *6 x 600 0.5 mi cd stretch 5.5 mi	wu: 0.5mi drills: 0.5mi 3 mi easy 4 x 1&1 stretch 4.5 mi	wu: 0.5mi drills: 0.5mi 2 mi easy stretch 3 mi	Districts 6 mi	wu: 0.5mi drills: 0.5mi 1 mi easy stretch 2 mi	33.5 miles *32.5 miles
Week 2	wu: 0.5mi drills: 0.5mi 7 mi easy *6 mi easy stretch 8 mi	wu: 0.5mi drills: 0.5mi 3 mi easy stretch 4 mi	wu: 0.5mi drills: 0.5mi 7 x 600 *6 x 600 0.5 mi cd stretch 5.5 mi	wu: 0.5mi drills: 0.5mi 3 mi easy 4 x 1&1 stretch 4.5 mi	wu: 0.5mi drills: 0.5mi 2 mi easy stretch 3 mi	Regionals 6 mi	wu: 0.5mi drills: 0.5mi 1 mi easy stretch 3 mi	33.5 miles *32.5 miles

Paces:

Tempo: 7:30 – 7:45/mi

Moderate: 8:00 – 8:15/mi

Easy: 8:15+/mi