Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
Nov 15-21	Rest	1st day of practice Easy warmup and drills little running	Warmup with drills 20 min run	Warmup with drills 25 min run	On your own practice 30 min run unless your running 3200m tune up	3200m tuneup race	Rest	8-12 miles
Nov. 22 Nov 28th	Rest	Warmup Drills 30 min run 6x100m strides Strength Exercises	Warmup Drills 30 min tempo run 6x100m strides Strength Exercises	30 min run on your own	30 min run on your own	Rest	Food Locker	9-13 miles
Nov 29th-Dec 5th	Rest	Warmup Drills 35 min Run 6x100m strides then Strength Exercises	10 min warmup drills 1000-800-400 x2 then 4x150m 10 min cooldown Strength exercises	warmup drills 30 min run 6x100m strides then Strength exercises	10 min warmup drills 8x400m then 4x150m 10 min cooldown strength exercises	Rest	rest	12-15 miles
Dec 6th-Dec 12th	Rest	Warmup Drills 40 min Run 6x100m Strides then Strength exercises	10 min warmup 4x100m at tempo pace 10 min cooldown	Warmup Drills 20 min run then Strength Exercises	Meet at Bunker Hill	Rest	Rest	12-15 miles
Dec 13th- Dec 19th	Rest	Meet at South Caldwell	Warmup with drills 40 min run 6x100m strides then strength exercises	Warmup with drills 30 tempo run then 4x150 sprints	10 min warmup drills 8x200m 10 min cooldown then strength exercises.	Rest	Rest	12-15 miles
Dec 20th - Dec 26th	Rest	30 min Run	Rest.	30 min run	rest	30 min run	Rest	12
Dec 27th - Jan 2nd	Rest	30 min Run	Rest	30 min run	rest	30 min run	Rest	12
Jan 3rd- Jan 9th	Rest	Rest	warmup drills 40 min tempo then 6x100m strides	warmup drills 30 min run 6x100m strides then Strength exercises	10 min warmup drills 6x400m then 3x300m 10 min cooldown	Rest	Rest	12
Jan 10th- Jan 16th	Rest	Warmup drills 45 min run 6x100m strides then strength exercises	10 min warmup drills 1000x4 then 3x150m strides 10 min cooldown strength exercises	warmup drills 30 min run 6x100m strides Strength exercises	10 minute warmup drills 6x300m then 4x200m 10 min cooldown	Eastern High School Challenge UNC Chapel Hill	Eastern High school challenge UNC Chapel Hill	15-18 miles
Jan 17th-jan 23rd	Rest	Warmup drills 45 min run 6x100m strides then strength exercises	10 min warmup drills 8x400m 10 min cooldown	warmup drills30 min run 6x100m strides strength exercises	10 minute warmup 3x1200m then 2x400m 10 min cooldown	Rest	LR Invite or BR invite	15-18 miles
Jan 24th- Jan 30th	Rest	Warmup drills 45 min run 6x100m strides then strength exercises	10 min warmup drills 6x300m then 4x200m 10 min cooldown	warmup drills 30 min run 6x100m strides then Strength exercises	Meet at South Caldwell	Rest	Rest	15-18 miles
Jan 31st- Feb 6th	Rest	Meet at Bunker Hill	Warmup drills 45 min run 6x100m strides Strength exercises	warmup drills 30 min run 6x100m	10 min warmup drills 8x400m 10 min cooldown	Rest	Rest	15-18 miles
Feb 7th- Feb 13th	Rest	Warmup drills 45 min run 6x100m strides then strength exercises	warm up drills 30 min run 6x100m	Warmup Drills 20 min run then Strength Exercises	warmup drills 20 min run then strength exercises	rest	State Championships at UNC Chapel Hill	15-18 miles