

Warm Up Routine

1-2 Mile Run

- Pace should increase the last ½ mile, this is to elevate the heart rate

Bathroom if needed

Activation

- On the ground- donkey kicks, knee circles forward and backwards, glute bridge
- Toe walks
- Heel walks
- Pogo hops
- High knee run- as high as you can get them!

Strides

- 6x60m strides - run through the line and gently decelerate
- Focusing on driving elbows back; hammer the nail and driving knees up and out in front (x2)
- Focusing on focal point looking 15m ahead (x2)
- Combine focal elbows, knees, and focal point (x2)
- 2x150m strides- build up speed each 50m where you should be almost all full speed

Cool Down

After any hard work, you need to bring your body back down.

The cool down starts right after you finish the last hard running for the day.

Run 1 to 2 miles at an easy pace with the last half bare foot if possible.

When you finish this group up for stretching then move right into core.

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Recovery 20 to 40 minutes	2 Recovery 20 to 40 minutes	3 Recovery 20 to 40 minutes
4 Off, cross train, or easy, short run. 20 to 45 miles this week	5 3-7 miles Hilly with 3 sets Cougar Strides in the run, Last half of the run at A. T. (about 165-155)	6 3 to 6 x 1KT 45 seconds recovery 1 to 2 mile cool down Cougar	7 3-7 miles Neg split last half A.T. Heart rate of 155-165	8 Recovery 3-5 miles Track Strides Cougar Core	9 Recovery 3-5 miles Cougar Strides During the run	10 Long Run 4 to 10 miles Last half of the run at A. T. (about 165-155) (neg split)
11 Off, cross train, or easy, short run. Week Total 25- 50 miles	12 4-8 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)	13 4 to 7 x 1KT 45 seconds recovery 1 to 2 mile cool down Cougar core	7 4-7 miles Neg split last half A.T. Heart rate of 155-165	15 Recovery 4-6 miles Track Strides Cougar Core	16 Recovery 3-5 miles Cougar Strides during the run	17 Long Run 5 to 11 miles Last half of the run at A. T. (about 165-155) (neg split)
18 Off, cross train, or easy, short run. Week Total 26 -55 Miles	19 4-9 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)	20 5 to 8 x 1KT 45 seconds recovery 1 to 2 mile cool down Cougar core	7 4-7 miles Neg split last half A.T. Heart rate of 155-165	22 Recovery 4-6 miles Track Strides Cougar Core	23 Recovery 3-7 miles Cougar Strides during the run	24 Long Run 5 to 12 miles Last half of the run at A. T. (about 165-155) (neg split)
25 Off, cross train, or easy, short run. Week Total 22-47 miles	26 3-7 miles Hilly with 3 sets Cougar Strides in the run, Last half of the run at A. T. (about 165-155)	27 3 to 6 x 1KT 45 seconds recovery 1 to 2 mile cool down Cougar core	7 4-7 miles Neg split last half A.T. Heart rate of 155-165	29 Recovery 4-6 miles Track Strides Cougar Core	30 Recovery 3-5 miles Cougar Strides during the run	31 Long Run 4 to 10 miles Last half of the run at A. T. (about 165-155) (neg split)

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <i>Off, cross train, or easy, short run.</i></p> <p>Week Total 27 –56 miles</p>	<p>2 4-9 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)</p>	<p>3 5 to 8 x 1KT 45 seconds recovery 1 to 2 mile cool down</p> <p>Cougar core</p>	<p>4 4-8 miles Neg split last half A.T. Heart rate of 155-165</p>	<p>5 Recovery 4 – 7 miles Track Strides</p> <p>Cougar core</p>	<p>6 Recovery 4-7 miles Cougar Strides During the run</p>	<p>7 Long Run 5 to 11 miles Last half of the run at A. T. (about 165-155) (neg split)</p>
<p>8 <i>Off, cross train, or easy, short run.</i></p> <p>Week Total 28 –60 miles</p>	<p>9 4-9 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)</p>	<p>10 6 to 9 x 1KT 45 seconds recovery 1 to 2 mile cool down</p> <p>Cougar core</p>	<p>11 4-8 miles Neg split last half A.T. Heart rate of 155-165</p>	<p>12 Recovery 4-8 miles Track Strides</p> <p>Cougar core</p>	<p>13 Recovery 4-8 miles Cougar Strides during the run</p>	<p>14 Long Run 5 to 12 miles Last half of the run at A. T. (about 165-155) (neg split)</p>
<p>15 <i>Off, cross train, or easy, short run.</i></p> <p>Week Total 28 –63 miles</p>	<p>16 4-10miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)</p>	<p>17 6 to 10 x 1KT 45 seconds recovery 1 to 2 mile cool down</p> <p>Cougar core</p>	<p>18 4-8 miles Neg split last half A.T. Heart rate of 155-165</p>	<p>19 Recovery 4-8 miles Track Strides</p> <p>Cougar core</p>	<p>20 Recovery 4-8 miles Cougar Strides during the run</p>	<p>21 Long Run 5 to 13 miles Last half of the run at A. T. (about 165-155) (neg split)</p>
<p>22 <i>Off, cross train, or easy, short run.</i></p> <p>Week Total 22 –50 miles</p>	<p>23 3-7 miles Hilly with 3 sets Cougar Strides in the run, Last half of the run at A. T. (about 165-155)</p>	<p>24 3 to 6 x 1KT 45 seconds recovery 1 to 2 mile cool down</p> <p>Cougar core</p>	<p>25 3–7 miles Neg split last half A.T. Heart rate of 155-165</p>	<p>26 Recovery 3-5 miles Track Strides</p> <p>Cougar core</p>	<p>27 Recovery 4-7 miles Cougar Strides during the run</p>	<p>28 Long Run 5 to 11 miles Last half of the run at A. T. (about 165-155) (neg split)</p>
<p>29 <i>Off, cross train, or easy, short run.</i></p> <p>Week Total 25 –54 miles</p>	<p>30 4-9 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)</p>					

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1-3 x 1kt 2 x 800 pace 1-3 x 1kt Cougar core	2 4—8 Recovery	3 Recovery 3-8 miles Track Strides Cougar core	4 2.5 warm up Cougar Run 2 mile cool down	5 Long Run 5 to 11 miles Last half of the run at A. T. (about 165-155) (neg split)
6 Off, cross train, or easy, short run. Week Total 26 –60 miles	7 4-9 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)	8 1-2 x 1kt 3 - 4x 800 pace 1-2 x 1kt Cougar core	9 4—8 Recovery	10 Recovery 3-7 miles Track Strides Cougar core	11 2.5 warm up Cougar Run 2 mile cool down	12 Long Run 5 to 13 miles Last half of the run at A. T. (about 165-155) (neg split)
13 Off, cross train, or easy, short run. Week Total 26 –60 miles	14 4-10 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)	15 1 x 1kt 4 - 6 x 800 pace 1 x 1kt Cougar core	16 4—8 Recovery	17 Recovery 3-7 miles Track Strides Cougar core	18 2.5 warm up Cougar Run 2 mile cool down	19 Long Run 5 to 13 miles Last half of the run at A. T. (about 165-155) (neg split)
20 Off, cross train, or easy, short run. Week Total 25 –50 miles	21 4-8 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)	22 5 - 7 x 800 pace Cougar core	23 4—8 Recovery	24 Recovery 3-7 miles Track Strides Cougar core	25 2.5 warm up Cougar Run 2 mile cool down	26 Long Run 5 to 11 miles Last half of the run at A. T. (about 165-155) (neg split)
27 Off, cross train, or easy, short run. Week Total 26 –55 miles	28 4-8 miles hilly with 3 sets Cougar Strides last half of the run at A. T. (about 165-155)	29 1600, 1200, 800, 600, 400 Neg split 16 @ race pace, 1200 faster and so on. Cougar core	30 4—8 Recovery	31 Recovery 3-5 miles Track Strides Cougar core		