

Key: **K.C.P.** -Kit Carson Park (by the big Snake)
D.R.- The Daley Ranch (Escondido, Dixon Lake)
L.H.- Lake Hodges (parking lot at end of Sunset Dr.)

MHHS Training Calendar

June-July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage						
15	12:45 MHHS	16	12:45 MHHS	17	12:45 MHHS	18	12:45 MHHS	19	On your own	20	On your own	21	
	1st Day Orientation 2-4miles	6-10 x100m sprints + Plyos +1-3 miles	Long Run G: 4-9 B: 6-10	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12	G:20-30-40 B:23-32-43						
22	12:45 MHHS	23	12:45 MHHS	24	1:30 L.H.	25	12:45 MHHS	26	On your own	27	8am K.C.	28	
	AT Run 2-4 x 2miles w/ 3 min rest	6-10 x100m sprints + Plyos +1-3 miles	Long Run G: 4-9 B: 6-10	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12	G:23-34-42 B:28-38-53						
29	12:45 MHHS	30	12:45 MHHS	1	12:45 MHHS	2	12:45 MHHS	3	On your own	4	On your own	5	
	AT Run 2-4 x 2miles w/ 3 min rest	6-10 x100m sprints + Plyos +1-3 miles	Long Run G: 6-11 B: 8-13	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12	G:25-36-44 B:30-40-55						
6	8am K.C.	7	8am MHHS	8	8am L.H.	9	8am MHHS	10	On your own	11	On your own	12	
	AT Run 2-4 x 2miles w/ 3 min rest	8-10 x100m sprints + Plyos +1-3 miles	Long Run G: 6-11 B: 8-13	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12	G:25-36-44 B:30-40-55						
13	8am K.C.	14	8am MHHS	15	8am D.R.	16	8am MHHS	17	On your own	18	8am L.H.	19	
	AT Run 2-4 x 2miles w/ 3 min rest	8-10 x100m sprints + Plyos +1-3 miles	Long Run G: 6-13 B: 8-15	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12	G:25-37-46 B:30-42-57						
20		21		22		23		24		25		26	
Start Dead Period.	AT Run 2-4 x 2miles w/ 3 min rest	8-10 x100m sprints + Plyos +1-3 miles	Long Run G: 6-11 B: 8-13	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12	G:25-36-44 B:30-40-55						

"To give anything less than your
best is to sacrifice the Gift" -Prefontaine

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MHHS Training Calendar

July/Aug/Sept 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage						
27	28	29	30	31	1	2	G:25-36-44 B:30-40-55						
	AT Run 2-4 x 2miles w/ 3 min rest	8-10 x100m sprints + Plyos +1-3 miles	Long Run G: 6-11 B: 8-13	Acceleration Run 3-4 miles	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 4-10 B: 4-12							
3	8am MHHS	4	8am MHHS	5	8am L.H.	6	8am MHHS	7	On your own	8	On your own	9	G:25-37-48 B:30-40-53
	AT Run 2-4 x 2miles w/ 3 min rest	8-10 x100m sprints + Plyos +1-3 miles	Long Run G: 6-11 B: 8-13 (90 min)	VVO2 Workout 3-5x1mile 3min rest @ 85% VVO2	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 6-8-10 B: 6-10-12							
10	11	11	8am MHHS	12	8am D.R.	13	8am MHHS	14	7:5	15	8am L.H.	16	G:25-37-48 B:30-40-53
	AT Run 2-4 x 2miles w/ 3 min rest	8-10 x100m sprints + Plyos +1-3 miles	Fatlek Run 5min AT Pace 3min Rec Pace G: 6-8 B: 6-10	VVO2 Workout 3-5x1mile 3min rest @ 85% VVO2	Recovery run 3-6 miles or Run in Pool for 40 min	Long Run G: 6-11 B: 8-13 (90 min)							
17	8am K.C.	18	8am MHHS	19	8am D.R.	20	8am MHHS	21		22		23	G:25-37-50 B:30-40-60
Optional 3-6	AT Run 2-4 x 2miles w/ 3 min rest	10 x100m sprints + Plyos +1-3 miles	Mileage run G: 6-8-10 B: 6-10-12	VVO2 Workout 3-5x1mile 3min rest @ 85% VVO2	<i>(Possible camping trip till the 24th)</i>								
24		25		26		27	3pm MHHS	28	3pm MHHS	29	On your own	30	G:25-37-50 B:30-40-60
	Camping Trip Idyllwild, Ca (If 22nd date is not obtained)	Camping Trip Idyllwild, Ca (If 22nd date is not obtained)	Camping Trip Idyllwild, Ca (If 22nd date is not obtained)	VVO2 Workout 6-10x800m 2min rest @ 85% VVO2	Recovery run 3-6 miles or Run in Pool for 40 min	Mileage run G: 6-8-10 B: 6-10-12							
31	On your own	1	3:15 MHHS	2		3		4		5		6	G:27-37-50 B:33-45-62
Optional 3-6	AT Run 2-4 x 2miles w/ 3 min rest	Official Start Acceleration Run 3-4 miles	Mileage run G: 6-8-10 B: 6-10-12	VVO2 Workout 6-10x800m 2min rest @ 85% VVO2	Recovery run 3-6 miles	Long Run G: 6-15 B: 8-17 (90 min)							

"Anyone can run until it hurts... After it hurts is when Cross
Country Begins."

Sept-Oct 2008

High

Totals

52.5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
Optional 3-6	AT Run 2-4 x 2miles w/ 3 min rest	10 x100m sprints + Plyos +1-3 miles	VVO2 Workout 6-10x800m 2min rest @ 85% VVO2	Premeet 3-6 miles +4x200m @ mile pace	Mustang Invite	Long Run G: 6-15 B: 8-17 (90 min)
14	15	16	17	18	19	20
		10 x100m sprints + Plyos +1-3 miles				Mt. Carmel Invite
21	22	23	24	25	26	27
		10 x100m sprints + Plyos +1-3 miles				
28	29	30	1	2	3	4
					Vs. Torrey Pines	

41

37

34.5

Oct-Nov 2008

29.5

5	6	7	8	9	10	11
					Vs LCC	

	12	6	13	7	14	3	15	3.5	16	7	17	3	18	29.5
												So Cal Invite		
	19	2.5	20	3	21	9	22	7	23	5	24	3	25	29.5
										Kit Carson		Mt. SAC		
	26	7	27	3	28	6	29	5	30	3	31	3	1	27
										Vs. Esco				
	2	2.5	3	3	4	9	5	7	6	5	7	3	8	29.5
										vs San Pasqual Fallbrook				
	9	7	10	3	11	6	12	5	13	3	14	3	15	27
												League Finals		
	2	2.5	3	3	4	9	5	7	6	5	7	3	22	29.5
												CIF Finals		
	9	7	10	3	11	6	12	5	13	3	14	3	29	27
												State Meet		