

Timeline for program by week

Phase I: Running Base & Technique (2 sets of 2 weeks)

Weeks 1 – 4

Week 1:

The focus of the introductory week is movement. Each student needs to initiate a run/walk phase under the supervision of the teacher. Advanced students have the option of continuous running. The “walk” should be at a conversational, but brisk pace. The run should also be conducted at a pace where students can hold a conversation.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min walk	2 min walk		2 min walk	2 min walk
4 x (2 min run w/ 1 min walk)	6 x (1 min run w/ 1 min walk)	No Running	8 x (1 min run w/30 sec walk)	4 x (2 min run w/ 1 min walk)
8/13 min	6/13 min		8/13 min	8/13 min

Week 2:

The focus of the week remains movement. Students will continue with the light “run/walk” pattern at a conversational pace when running and a brisk effort while walking.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min walk	2 min walk		2 min walk	
4 x (2 min run w/ 30 sec walk) 8/12 min	6 x (1 min run w/ 1 min walk) 6/13 min	NO Running	10 x (1 min run w/ 30 sec walk) 10/17 min	2 min walk 7 min run 2 min walk 7/11 min

Week 3:

The focus of the week is form. Students should concentrate on a relaxed face, steady head, and light (front to back) arm-swing with a relaxed grip. By emphasizing the upper body, students will experience a “trickle down” effect, which will influence the lower body and running gait.

Monday

3 min run/1 min walk

4 x (2 min w/ 30 sec walk)

11/14 min

Tuesday

2 min walk

4 x (3 min run w/ 30 sec walk)

12/16 min

Wednesday

No Running

Thursday

2 min walk

2 x (4 min run w/ 1 min walk)

8/11 min

Friday

2 min walk

9 min run

9/11 min

Week 4:

The focus of the week is breathing. Students should be breathing at the ratio of 2 foot strikes to 1 exhalation/inhalation. Thus, each full breath will have 4 total foot strikes. A more relaxed breathing pattern is a 3:1 ratio. This will allow the student to rhythmically control his or her pace and although the breath will become shallow during faster paces, this 2:1 ratio will prevent an instance of oxygen debt (extreme aerobic fatigue) and is recommended for training paces in this program.

Monday

3 min run/1 min walk

4 x (2 min w/
30 sec walk)

11/14 min

Tuesday

2 min walk

4 x (3 min run w/ 30 sec
walk)

12/16 min

Wednesday

NO Running

Thursday

2 min walk

2 x (5 min run w/ 1 min
walk)

10/13 min

Friday

2 min walk

11 min run

11/13 min

Phase II: Volume & Strength (1 set of 3 weeks) Weeks 5 – 8**Week 5:**

The focus of the week is stretching. Stretching is added at the discretion of the physical education teacher; the recommended implementation is two new stretches per week for the next four weeks.

Monday

2 min run

1 min walk

8 min run

10/11 min

Tuesday

2 min walk

2 x (6 min run w/

1 min walk) 1

2/15 min

Wednesday

NO Running

Thursday

2 min walk

3 x (4 min run w/

30 sec walk)

12/15 min

Friday

2 min walk

14 min run

14/16 min

Week 6:

The focus of this week is to work on strengthening your ability to run longer while incorporating some of the skills you learned in earlier weeks such as form, breathing and stretching. It is okay to take walk breaks. Learn to listen to your body.

Monday

5 min run

1 min walk

5 min run

10/11 min

Tuesday

8 min run

2 min walk

2 min run

10/12 min

Wednesday

NO Running

Thursday

2 min walk

3 x (4 min run w/

30 sec walk)

12/15 min

Friday

2 min walk

16 min run

16/18 min

Week 7:

The focus of the week is test effort. Each student will complete a test effort on Friday. The test effort is designed to help the student understand pacing and intensity efforts. Teachers should remind students most mistakes in pacing (leading to an increase in discomfort later in the event) are made within the first minute of running. Start at a moderate pace, slightly faster than conversational and gradually increase over the length of the test effort.

Monday

2 x (8 min run w/
1 min walk)

1 min walk

3 min run

19/22 min

Tuesday

2 min walk

2 x (5 min run w/
1 min walk)

10/13 min

Wednesday

NO Running

Thursday

7 min run

2 min walk

5 min run

12/14 min

Friday

2 min walk

10 min test effort

2 min slow jog

12/14 min

Week 8:

The focus of the week is recovery. Following the test effort, students may experience some muscle soreness and tightness. It is recommended to spend additional time stretching after the run segments of the workout. The week will start at low levels of volume and increase volume by the end of the week.

Monday

2 min walk

10 min run

3 min walk

10/15 min

Tuesday

2 min walk

3 x (5 min run w/
1 min walk)

15/19 min

Wednesday

NO Running

Thursday

5 min run

2 min walk

12 min run

17/19 min

Friday

3 min slow jog

16 min run

2 min walk

19/21

Phase III: Volume & Intensity (2 sets of 2 weeks) Weeks 9 – 12

Week 9:

The focus of the week is adjustment. The runs may feel sluggish, but the addition of strides will break up the sensation of lethargy. Strides are 25-50 meter runs at a controlled effort much faster than “run” effort, but slower than a full sprint. Strides should be 80% maximum effort.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min walk	3 x (3 min run w/	NO Running	2 min slow jog	20 min run
10 min run	1 min slow jog)		12 min run	
10/12 min	2 min slow jog		14/14 min	
	5 strides 16/16 min			

Week 10:

The focus of the week is sugar reduction. A student’s engine runs only as well as the fuel. Students are encouraged to reduce or eliminate extra sugar from their diets. A reduction in simple sugars will help the student feel more energized, awake, and alert in both physical activity and in the classroom. Sugars can be cut by eliminating soda, candy, and excessive sports drinks consumption.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min slow jog	3 x (5 min run w/	NO Running	3 min slow jog	20 min run
12 min run	1 min walk)		15 min run	
2 min slow jog	2 min slow jog		18/18 min	
16/16 min	19/19 min			

Week 11:

The focus of the week is quickness. The addition of more strides enables the student to train different muscle fibers and a different fuel source. The strides also help stretch out muscles gently and require the student to pay careful attention to his or her form and breathing. Controlled quickness is a key to successful strides.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min slow jog	2 min slow jog	NO Running	3 min slow jog 5 strides	20 min run
13 min run	3 x (5 min run w/		3 min slow jog 5 strides	
2 min slow jog	30 sec walk)		3 min slow jog	
17/17 min	17/19 min		19/19 min	

Week 12:

The focus of the week is confidence. At the end of the training cycle, students will have completed the base strength and aerobic conditioning necessary to complete a 4 kilometer cross country course or a 20 minute consecutive run.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min slow jog	2 min slow jog	NO Running	2 min slow jog	15 min run
7 min run	3 x (5 strides		10 min run	
3 min slow jog	1 min slow jog)		2 min slow jog	
12/12 min	2 min slow jog		14/14 min	
	15/15 min			

Phase IV: Event Preparation (5 days)
Week 13 (to be completed upon returning from summer vacation)

Week 13:

The focus of this week is rest. Prior to an extended effort, athletes need to pay attention to getting a good night’s sleep at a consistent time. At least 7 hours of sleep a night is recommended. Remember, one cannot make up for a short sleep by having a longer sleep the next night. Consistency is the key.

Monday	Tuesday	Wednesday	Thursday	Friday
2 min slow jog	8 min run	NO Running	5K RUN / CULMINATING EVENT (at teacher’s discretion)	10 min slow jog
8 min run	1 min walk			
2 min slow jog	6 min run			
12/12 min	14/15 min			