

2024 Girl's Distance Track Training Plan

March 25, 2024 - April 6, 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Pre Meet	25	Race	26	Recovery Run	27	Workout	28	Recovery Run	29	Long Run	30	Rest	
Sub-Elite: AM- 3 PM- 4.5 Novice: 4.5 Miles Rookie: 4 Miles Beginner: 2.5 Miles 2 Starts + 2 Finishes Orange Easy		Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles Beginner: 3.5 Miles YHS vs REV		Sub-Elite: 4.5 Miles Novice: 4.5 Miles Rookie: 4 Miles Beginner: 30 min Circuit Orange Easy		Sub-Elite: 6.75 Miles Novice: 6.5 Miles Rookie: 5.25 Miles Beginner: 4 Miles Repetition Progression Weight Room		Sub-Elite: 4.5 Miles Novice: 4.5 Miles Rookie: 4 Miles Beginner: 2 Miles Hurdles & Ab Wheels		Sub-Elite: 9-10 Miles Novice: 8-9 Miles Rookie: 6-7 Miles Beginner: 5-6 Miles 4 x 25 sec surges Weight Room		All Groups: OFF OR 30-60 Mins XT Mileage Sub-Elite: 40 Novice: 35 Rookie: 30 Beginner: 20	
Fitness Run	1	Workout	2	Recovery Run	3	Workout	4	Recovery Run	5	Long Run	6	Rest	
Sub-Elite: AM- 4.5 PM- 3 Novice: 4.5 Miles Rookie: 4 Miles Beginner: 2.5 Miles 6 Strides Orange Easy		Sub-Elite: 8 Miles Novice: 7 Miles Rookie: 5.75 Miles Beginner: 4.5 Miles Tempo Progression Weight Room		Sub-Elite: 4.5 Miles Novice: 4.5 Miles Rookie: 4 Miles Beginner: 2 Miles Orange Easy		Sub-Elite: 6.5 Miles Novice: 6.5 Miles Rookie: 5.25 Miles Beginner: 4 Miles Repetition Progression Weight Room		Sub-Elite: 4.5 Miles Novice: 4.5 Miles Rookie: 4 Miles Beginner: 2 Miles Hurdles & Ab Wheels		Sub-Elite: 9-10 Miles Novice: 8-9 Miles Rookie: 6-7 Miles Beginner: 5-6 Miles 4 x 25 sec surges Orange Hard		All Groups: OFF OR 30-60 Mins XT Mileage Sub-Elite: 40 Novice: 35 Rookie: 30 Beginner: 20	