

2024 Boy's Distance Track Training Plan

April 1st – 28th, 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Fitness Run	1	Workout	2	Recovery Run	3	Workout	4	Recovery Run	5	Long Run	6	Rest	
<p style="text-align: center;">Elite: AM- 8 PM- 4 Sub-Elite: 8 Miles Novice: 6 Miles Rookie: 4 Miles</p> <p style="text-align: center;">+ 4-6 x 10 Secs Hill Sprints, 1 x 20 Secs Flat Sprint</p> <p style="text-align: center;">*Weight Room</p>		<p style="text-align: center;">1-2 x (1k, 2 Mins Rest, 800m, 2 Mins Rest, 600m, 3 Mins Rest @ <u>VO2 Max</u>)</p> <p style="text-align: center;">Elite: 8 Miles Sub-Elite: 8 Miles Novice: 7 Miles Rookie: 6 Miles</p> <p style="text-align: center;">*Core</p>		<p style="text-align: center;">Elite: 6 Miles Sub-Elite: 5 Miles Novice: 4 Miles Rookie: 3 Miles</p> <p style="text-align: center;">*Weight Room</p>		<p style="text-align: center;">2-3 x (400m, 200m, 200m @ 800m w/ 1:45 Rest) + <u>6 Mins Set Rest</u></p> <p style="text-align: center;">Elite: 8 Miles Sub-Elite: 8 Miles Novice: 7 Miles Rookie: 6 Miles</p> <p style="text-align: center;">*Core</p>		<p style="text-align: center;">Elite: 6 Miles Sub-Elite: 5 Miles Novice: 4 Miles Rookie: 3 Miles</p> <p style="text-align: center;">*Core</p>		<p style="text-align: center;">Elite: 12 Miles Sub-Elite: 10 Miles Novice: 8 Miles Rookie: 7 Miles</p> <p style="text-align: center;">+ 4 x 20 Secs @ Mile</p>		<p style="text-align: center;">All Groups: OFF OR 30-60 Minutes XT Weekly Mileage Elite: 52 Sub-Elite: 44 Novice: 36 Rookie: 29</p>	
Fitness Run	8	Race	9	Recovery Run	10	Workout	11	Recovery Run	12	Race	13	Rest	
<p style="text-align: center;">Elite: 8 Miles Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles</p> <p style="text-align: center;">+ 4-6 Strides @ GRP</p> <p style="text-align: center;">*Core</p>		<p style="text-align: center;"><u>vs. Cajon</u></p> <p style="text-align: center;">Elite: 7 Miles Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles</p>		<p style="text-align: center;">Elite: 6 Miles Sub-Elite: 6 Miles Novice: 4 Miles Rookie: 3 Miles</p> <p style="text-align: center;">*Weight Room</p>		<p style="text-align: center;"><u>2-3 x Extended Mile</u></p> <p style="text-align: center;">Elite: 7 Miles Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles</p> <p style="text-align: center;">*Core</p>		<p style="text-align: center;">Elite: 5 Miles Sub-Elite: 5 Miles Novice: 4 Miles Rookie: 3 Miles</p> <p style="text-align: center;">+ 4-6 Strides @ GRP</p> <p style="text-align: center;">*Weight Room</p>		<p style="text-align: center;"><u>Inland Empire Championships</u></p> <p style="text-align: center;">Elite: 8 Miles Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles</p>		<p style="text-align: center;">Elite: 4 Miles Sub-Elite: Novice: Rookie: OFF OR 30-60 Minutes XT Weekly Mileage Elite: 45 Sub-Elite: 39 Novice: 32 Rookie: 26</p>	

Fitness Run	15	Race	16	Recovery Run	17	Fitness Run	18	Workout	19	Long Run	20	Rest
Elite: 6 Miles Sub-Elite: 6 Miles Novice: 4 Miles Rookie: 4 Miles + 4-6 Strides @ GRP *Core	<u>@ Citrus Valley</u> Elite: 7 Miles Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles	Elite: 6 Miles Sub-Elite: 5 Miles Novice: 4 Miles Rookie: 3 Miles *Weight Room	Elite: 8 Miles Sub-Elite: 7 Miles Novice: 6 Miles Rookie: 5 Miles + 4 x 60m, 1 x 150m *Core	2 x (4-5 x 400m @ Mile w/ 1 Min Rest) + 3 Mins Set Rest Elite: 8 Miles Sub-Elite: 8 Miles Novice: 7 Miles Rookie: 5 Miles + 2 Starts, 2 Finishes *Core	Elite: 10 Miles Sub-Elite: 9 Miles Novice: 8 Miles Rookie: 6 Miles *Weight Room	Elite: 3 Miles Sub-Elite: Novice: Rookie: OFF OR 30-60 Minutes XT Weekly <u>Mileage</u> Elite: 48 Sub-Elite: 42 Novice: 35 Rookie: 28						
Fitness Run	22	Race	23	Recovery Run	24	Race	25	Recovery Run	26	Long Run	27	Rest
Elite: 6 Miles Sub-Elite: 6 Miles Novice: 5 Miles Rookie: 4 Miles + 4-6 Strides @ GRP *Core	<u>CBL Prelims</u> Elite: 6 Miles Sub-Elite: 6 Miles Novice: 5 Miles Rookie: 4 Miles	Elite: 5 Miles Sub-Elite: 5 Miles Novice: 4 Miles Rookie: 3 Miles + 4-6 Strides @ GRP *Core	<u>CBL Finals</u> Elite: 6 Miles Sub-Elite: 6 Miles Novice: 5 Miles Rookie: 4 Miles	Elite: 6 Miles Sub-Elite: 5 Miles Novice: 4 Miles Rookie: 3 Miles + 2 Starts, 2 Finishes *Weight Room	Elite: 9 Miles Sub-Elite: 8 Miles Novice: 7 Miles Rookie: 6 Miles	Elite: 4 Miles Sub-Elite: Novice: Rookie: OFF OR 30-60 Minutes XT Weekly <u>Mileage</u> Elite: 42 Sub-Elite: 36 Novice: 30 Rookie: 24						

Warm-Up Routine (Before Run)

[Lunge Matrix \(LM\)](#)

[Leg Swings \(LS\)](#)

SAM Drills (Postrun)

Phase 1, Easy Day - [Video](#) and [PDF](#)

Phase 1, Hard Day - [Video](#) and [PDF](#)