

Davis High Training Calendars

August 2006 through November 2006

January 2007 through May 2007

Summer Training – June and July

After their last track meet, athletes are asked to take two to three weeks off.

In the last week of June, the team meets informally 3 evenings per week.

Average attendance ranges from 20 to 30 runners.

Running for the first three weeks is relatively unstructured.

Athletes are encouraged to run 3-6 times per week at comfortable paces and distances of their choice.

For the next two to three weeks, athletes are encouraged to get into threshold pace once per week and getting in one longer run per week.

Winter Training – December and January

We take the same approach to training in this period as we do in the summer. The only difference is that the team does not have scheduled meeting times.

Runners are encouraged to train on their own or with teammates. Those runners that are motivated will get the work in.

Suggested workouts for January are provided.

Warmup and Drills (every day during regular season)

6-8 minutes of easy jogging

A Skips

B Skips

Bootie Kickers

Quick Steps

Quick Feet

Crazy Feet Toes

Crazy Feet Heels

Leg Swings Front and Back

Leg Swings Side to Side

Horse Drill

REFERENCE POINT TRAINING=MILE TIME for Repeat Miles

Mile Time	Repeat Mile Time	Mile Time	Repeat Mile Time
Level I 4:10-4:15	85% 4:51-5:00 88% 4:41-4:50 91% 4:34-4:40 94% 4:25-4:31	Level IX 6:00-6:15	7:03-7:18 6:49-7:06 6:35-6:51 6:22-6:38
Level II 4:15-4:30	85% 5:00-5:17 88% 4:50-5:07 91% 4:40-5:00 94% 4:31-4:47	Level X 6:15-6:30	7:18-7:36 7:06-7:23 6:51-7:07 6:38-6:53
Level III 4:30-4:45	85% 5:17-5:35 88% 5:07-5:24 91% 4:57-5:13 94% 4:47-5:03	Level XI 6:30-6:45	7:36-7:54 7:23-7:40 7:07-7:23 6:53-7:08
Level IV 4:45-5:00	85% 5:35-5:53 88% 5:24-5:41 91% 5:13-5:30 94% 5:00-5:16	Level XII 6:45-7:00	7:54-8:12 7:40-7:57 7:23-7:39 7:08-7:23
Level V 5:00-5:15	85% 5:53-6:10 88% 5:41-5:58 91% 5:30-5:46 94% 5:16-5:31		
Level VI 5:15-5:30	85% 6:10-6:28 88% 5:58-6:15 91% 5:46-6:02 94% 5:31-5:51		
Level VII 5:30-5:45	85% 6:28-6:45 88% 6:15-6:32 91% 6:02-6:19 94% 5:51-6:07		
Level VIII 5:45-6:00	85% 6:45-7:03 88% 6:32-6:49 91% 6:19-6:35 94% 6:07-6:22		

REFERENCE POINT TRAINING=MILE TIME for Repeat 800s

Mile Time	Repeat 800 Time	Mile Time	Repeat 800 Time
Level I 4:10-4:15	85% 2:20-2:26 88% 2:16-2:20 91% 2:12-2:16 94% 2:08-2:12	Level IX 6:00-6:15	3:28-3:05 3:20-3:28 3:14-3:20 3:05-3:14
Level II 4:15-4:30	85% 2:26-2:34 88% 2:21-2:29 91% 2:16-2:26 94% 2:12-2:20	Level X 6:15-6:30	3:35-3:43 3:28-3:38 3:20-3:29 3:14-3:22
Level III 4:30-4:45	85% 2:34-2:44 88% 2:29-2:38 91% 2:24-2:33 94% 2:20-2:27	Level XI 6:30-6:45	3:43-2:53 3:37-3:45 3:29-3:37 3:23-3:29
Level IV 4:45-5:00	85% 2:43-2:52 88% 2:38-2:46 91% 2:33-2:41 94% 2:26-2:34	Level XII 6:45-7:00	3:52-4:01 3:45-3:53 3:37-3:45 3:29-3:37
Level V 5:00-5:15	85% 2:51-3:01 88% 2:46-2:54 91% 2:40-2:48 94% 2:34-2:40		
Level VI 5:15-5:30	85% 3:01-3:10 88% 2:55-3:04 91% 2:49-2:56 94% 2:40-2:51		
Level VII 5:30-5:45	85% 3:09-3:18 88% 3:04-3:12 91% 2:56-3:05 94% 2:51-2:59		
Level VIII 5:45-6:00	85% 3:18-3:26 88% 3:12-3:20 91% 3:05-3:14 94% 2:59-3:05		

Davis High August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 2-3x 2miles @threshold w/ 3:00 rest	2 Speed Development 8-10 x 60m sprints 3 miles	3 Steady State 30-40-50 min	4 Fartlek run, 6-8 miles (5:00 on, 3:00 off x2- 4)	5 Long Run
6 Optional 3-6 miles	7 2-3x 2miles @threshold w/ 3:00 rest	8 Steady State 30-40-50 min	9 Speed Development 8-10 x 60m sprints 3 miles	10 Steady State 30-40-50 min	11 Fartlek run, 6-8 miles (5:00 on, 3:00 off x2- 4)	12 Long Run
13 Optional 3-6 miles	14 2-3x 2miles @threshold w/ 3:00 rest	15 Steady State 30-40-50 min	16 Speed Development 8-10 x 60m sprints 3 miles	17 Steady State 30-40-50 min	18 VVO2 workout - 85% 2 or 3 x 1 mile varsity 3 or 4 x 800 jv & f/s both w/ 3:00 rest	19 Shakeout/Recovery run
20 Long Run	21 2-3x 2miles @threshold w/ 3:00 rest	22 Speed Development 8-10 x 60m sprints 3 miles	23 Steady State 30-40-50 min	24- Camp @ Soda Springs Varsity- "Mystery Fartlek" (varying paces/durations) JV- Steady State	25- Camp @ Soda Springs AM- Optional 3-6 miles PM- Steady State 30-40-50 min.	26- Camp @ Soda Springs Pacific Crest Trail Run- Long Day
27- Camp @ Soda Springs Optional 3-6 miles	28 2-4x 2miles @threshold w/ 3:00 rest	29 Speed Development 8-10 x 60m sprints 3 miles	30 Steady State 30-40-50 min	31 VVO2 workout - 85% 2-3 x 1 mile varsity 3-4 x 800 jv & f/s both w/ 3:00 rest		

2006

Davis High September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
27 Long run or shake out run or day off	28 AT Run 2 or 3 x 2 miles with 3 min rest or 2 x 10 min at AT with 3 min active rest	29 Speed Development 6 x 60m sprints 3 miles	30 Steady State 30 – 40 –50 min	31 VVO2 workout - 85% 2 or 3 x 1 mile varsity 3 or 4 x 800 jv & f/s both with 3 min rest	1 Pre-Race	2 Granite Bay Invite at Willow Hills
3 Long run or shake out run or day off	4 Long run or steady state depending on Sunday workout	5 Speed Development 8 x 60m sprints 3 miles	6 Varsity – Steady State Hills JV and F/S Steady State 30 – 40 – 50 min	7 VVO2 workout - 85% 3 or 4 x 1 mile varsity 3 or 4 x 800 jv & f/s both with 3 min rest	8 Pre-Race	9 Lagoon Valley Classic Long run for varsity not racing at Lagoon Valley
10 Long run or shake out run or day off	11 AT Run 3 or 4 x 2 miles with 3 min rest or 3 x 10 min at AT with 3 min active rest	12 Varsity - Speed Development 8 x 60m sprints 3 miles Pre – Race all others	13 Delta Valley Conference Center Meet #1 at Elk Grove Park – Varsity race at steady state	14 VVO2 workout - 85% Varsity – Water Towers at Lagoon V. JV and F/S 1 x 1 mile and 3 x 800	15 Recovery Run 4-6 miles	16 Steady State 30 – 40 – 50 minutes or Long run (varsity)
17 Long run or shake out or day off	18 AT Run 2 or 3 x 2 miles with 3 min rest or 2 x 10 min at AT with 3 min active rest	19 Speed Development 8-10 x 60m sprints 3 miles	20 Steady State 30 – 40 –50 min	21 VVO2 workout-88% 3 or 4 x 1 mile varsity JV and F/S 1 x 1 mile and 3 x 800	22 Pre-Race	23 Yolo County Championships at Muller Ranch Vineyards
24 Optional 3-6 miles	25 Long Run	26 Speed Development 8-10 x 60m sprints 3 miles	27 Steady State 30 – 40 –50 min	28 VVO2 workout-88% 6-8 x 800 varsity 4-6 x 800 jv & f/s 2 min rest varsity 3 min rest jv & f/s	29 Stanford Pre-Race Or Steady State 30 – 40 – 50 min	30 Stanford Invitational

2006

Davis High October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Optional 3-6 miles 1	Long Run 2	Varsity – Speed Development 8-10 x 60m sprints 3 miles JV & F/S Pre-Race 3	Delta Valley Conference Center Meet #2 at Granite Park – Varsity; strong effort? or VVO2? 4	Recovery run 5	Varsity – easy run at Woodward Park JV and F/S Steady State 30 – 40 – 50 min 6	Clovis Invitational (Varsity and top JV) at Woodward Park All others – Steady State 7
Optional 3-6 miles 8	Long Run 9	Speed Development 8-10 x 60m sprints 3 miles 10	Steady State 30 – 40 – 50 min 11	VVO2 Varsity – Water Towers at Lagoon Valley 6x800 hill repeats w/ equal jog recovery 12	Steady State 30 – 40 – 50 min 13	Bronco Invitational (JV and Frosh/Soph) at Willow Hills Varsity- Long Run 14
Optional 3-6 miles 15	Long Run 16	Speed Development 8-10 x 60m sprints 3 miles 17	4 or 5 x 800 with 2:00 min rest 91% 18	Steady state plus strides 19	Travel to Mt. SAC Pre-Race 20	Mt. SAC Invitational 21
Optional 3-6 miles 22	Recovery/Steady State 4-8miles 23	Long Run over rolling hills 24	Steady State 30-30-50 min 25	3x1mile w/ 3:00 rest 91% 26	Pre-Race 27	Delta Valley Conference Championships at Willow Hills 28
Optional 3-6 miles 29	Long Run 30	Speed Development 8-10 x 60m sprints 3 miles 31				

2006

Davis High November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Recovery/ Steady State 5 – 8 miles	2 VVO2 3 x 1 mile 91%	3 Pre-Race	4 Sac-Joaquin Sub- Section Championships at Angels Camp
5 Optional 3 – 6 miles	6 Long run 8 – 12 miles	7 Speed Development Plus 3 miles	8 VVO2 – 91% 2 x 1 mile or 1 x 800, 1 x 1 mile, 1 x 800	9 Pre-Race	10 Sac-Joaquin Section Championships at Willow Hill	11 Shake out run
12 3 – 6 miles	13 Long run 10 miles boys 8 or 9 miles girls	14 Speed Development Plus 3 miles	15 Recovery/ Steady State 4 – 6 miles	16 VVO2 – 94% 2 x 1 mile or 4 x 800	17 Recovery/ Steady State 4 – 6 miles	18 Steady State Hills at Yolo – morning run 45-50 minutes
19 3 - 6 miles	20 Long run 8-10 miles boys 7-9 miles girls	21 Speed Development Plus 3 miles	22 VVO2 – 94% 1 x 1 mile or 2 x 800 or easy 4 – 6 miles	23 Thanksgiving VVO2 1 x 1 mile or 2 x 800 or easy 4 – 6 miles	24 Travel to Fresno – easy pre-race at Woodward Park	25 CIF State XC Championships at Woodward Park
26	27	28	29	30		

2006

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

2006

Davis High January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 AT Run 1-2x 2 miles with 3 min rest or 2 x 10 min at AT with 3 min active rest	2 Steady State 30 – 40 –50 min + Strides	3 Steady State 30 – 40 –50 min	4 Fartlek Run- 5:00 hard, 3:00 easy x3 6-8 miles total + strides	5 Steady State 30 – 40 –50 min	6 Long Run
7 Optional 3-6 miles shake-out/recovery	8 AT Run 1-2x 2 miles with 3 min rest or 2 x 10 min at AT with 3 min active rest	9 Steady State 30 – 40 –50 min + Strides	10 Steady State 30 – 40 –50 min	11 Fartlek Run- 5:00 hard, 3:00 easy x3 6-8 miles total + strides	12 Steady State 30 – 40 –50 min	13 Long Run
14 Optional 3-6 miles shake-out/recovery	15 AT Run 2-3x 2 miles with 3 min rest	16 Steady State 30 – 40 –50 min + Strides	17 Steady State 30 – 40 –50 min	18 Fartlek Run- 5:00 hard, 3:00 easy x3 6-8 miles total + strides	19 Steady State 30 – 40 –50 min	20 Long Run
21 Optional 3-6 miles shake-out/recovery	22 AT Run 2-3x 2 miles with 3 min rest	23 Steady State 30 – 40 –50 min + Strides	24 Steady State 30 – 40 –50 min	25 Fartlek Run- 5:00 hard, 3:00 easy x3 6-8 miles total + strides	26 Steady State 30 – 40 –50 min	27 Long Run
28 Optional 3-6 miles shake-out/recovery	29 AT Run 2-3x 2 miles with 3 min rest	30 Steady State 30 – 40 –50 min + Strides	31 Steady State 30 – 40 –50 min			

2007

Davis High February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 2x 1mile vVO2 Max with 3 min rest on grass 88%	2 Steady State 30 – 40 –50 min	3 Long Run
4 Optional 3-6 miles shake-out/recovery	5 AT Run 2-4x 2 miles with 3 min rest	6 Steady State 30 – 40 –50 min + Strides	7 Steady State 30 – 40 –50 min	8 2-3x 1mile vVO2 Max with 3 min rest on grass 88%	9 Steady State 30 – 40 –50 min	10 Long Run
11 Optional 3-6 miles shake-out/recovery	12 AT Run 2-4x 2 miles with 3 min rest	13 Steady State 30 – 40 –50 min + Strides	14 Steady State 30 – 40 –50 min	15 2-4x 1mile vVO2 Max with 3 min rest on grass 88%	16 Steady State 30 – 40 –50 min	17 Long Run
18 Optional 3-6 miles shake-out/recovery	19 AT Run 2-4x 2 miles with 3 min rest	20 Steady State 30 – 40 –50 min + Strides	21 Steady State 30 – 40 –50 min	22 2-4x 1mile vVO2 Max with 3 min rest on grass 88%	23 Steady State 30 – 40 –50 min	24 Long Run
25 Optional 3-6 miles shake-out/recovery	26 AT Run 2-4x 2 miles with 3 min rest	27 Speed Development 8-10 x 60m sprints 3 miles	28 Steady State 30 – 40 –50 min			

2007

Davis High March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 4-6x 800 vVO2 Max with 2 min rest on all weather track 88%	2 Steady State 30 – 40 –50 min	3 Long Run
4 Optional 3-6 miles shake-out/recovery	5 AT Run 2-3x 2 miles with 3 min rest	6 Speed Development 6-8x 60m sprints 3 miles	7 Steady State 30 – 40 –50 min	8 2-3x 1mile vVO2 Max with 3 min rest on grass 88%	9 Pre-Meet- 3-4 miles + strides	10 Granite Bay Invitational
11 Long Run	12 Speed Development 6-8 x 60m sprints 3 miles	13 Steady State 30 – 40 –50 min	14 10x 400, 1x800 w/ 1.5 min rest- Race Pace workout – no faster on all weather track	15 Pre-Meet- 3-4 miles + strides	16 Bay Area Distance Festival	17 Steady State/Recovery 30 – 40 –50 min
18 Long Run	19 AT Run 2-3x 2 miles with 3 min rest	20 Speed Development 6-8 x 60m sprints 3 miles	21 Steady State 30 – 40 –50 min	22 4-6x 800 vVO2 Max with 2 min rest on grass 88%	23 Steady State/ Recovery 30 – 40 –50 min + Strides	24 Long Run
25 Optional 3-6 miles shake-out/recovery	26 Speed Development 6-8 x 60m sprints 3 miles	27 Steady State 30 – 40 –50 min + Strides	28 10x 400, 1x800 w/ 1.5 min rest- Race Pace workout – no faster on all weather track	29 Pre-Meet- 3-4 miles + strides	30 Stanford Invitational (Varsity Only)	31 Stanford Invitational/ Bella Vista Invite (JV) OR Long Run

2007

Davis High April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Optional 3-6 miles shake-out/recovery	2 AT Run 2-3x 2 miles with 3 min rest	3 Speed Development 6-8 x 60m sprints 3 miles	4 Steady State 30 – 40 –50 min + Strides or for Friday Arcadia 2x800 @ 91%, 4x400 @ race pace, 4x200	5 800, 2:00 rest, 6x400 w/ 90sec rest, 800- Race Pace Workout or pre-meet for Friday competition	6 Arcadia Invitational	7 Arcadia Invitational
8 Optional 3-6 miles shake-out/recovery	9 Long Run	10 Steady State 30 – 40 –50 min + Strides	11 3x 400 w/ 90 sec rest, full recovery, 3x300 w/ full recovery- Speed Workout	12 Pre-Meet- 3-4 miles + strides	13 Woody Wilson Invitational	14 Long Run
15 Optional 3-6 miles shake-out/recovery	16 AT Run 2-3x 2 miles with 3 min rest	17 Speed Development 6-8 x 60m sprints 3 miles	18 Steady State 30 – 40 –50 min + Strides or for Chico Invite 4x800 w/2 min rest 91% on all weather track 4 x 200 rhythm reps	19 2x1600 w/ 3:00 rest, 2x800 w/ 2:00 rest- vV02 Max 91% on all weather track 4 x 200 rhythm reps	20 Steady State 30 – 40 –50 min or Chico Invitational	21 Long Run
22 Optional 3-6 miles shake-out/recovery	23 AT Run 2-3x 2 miles with 3 min rest	24 Speed Development 6-8 x 60m sprints 3 miles	25 Steady State 30 – 40 –50 min	26 8x 400 w/ 90 sec rest- Race Pace Workout 4 x 200 rhythm reps	27 Pre-Meet- 3-4 miles + strides	28 Sacramento Meet of Champions
29 Long Run	30 AT Run 2x 2 miles with 3 min rest					

2007

Davis High May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Speed Development 6-8 x 60m sprints 3 miles	2 Steady State 30 – 40 –50 min + Strides	3 4x800 w/ 2:00 rest, 3x400 w/ 90 sec rest, 2x200 w/ full recovery 3 x 200 rhythm reps	4 Pre-Meet- 3-4 miles + strides	5 Delta Valley Conference Finals
6 Optional 3-6 miles shake-out/recovery	7 3x 2000 threshold repeats + strides 2 minutes rest	8 Speed Development 6-8 x 60m sprints 3 miles	9 Steady State 30 – 40 –50 min + Strides	10 3x1200 w/ 3:00 rest, full recovery, 800 w/ full recovery, 400, jog 30 sec, all-out 150 4 x 200 rhythm reps	11 Steady State/ Recovery 30 – 40 –50 min	12 Long Run
13 Optional 3-6 miles shake-out/recovery	14 Speed Development 6-8 x 60m sprints 3 miles	15 Steady State 30 – 40 –50 min + Strides	16 1600, 3:00 rest, 800, 2:00 rest, 400, 30 sec rest, 200 4 x 200 rhythm reps	17 Pre-Meet- 3-4 miles + strides	18 Sac-Joaquin Section Finals	19 Long Run
20 Optional 3-6 miles shake-out/recovery	21 Speed Development 6-8 x 60m sprints 3 miles	22 Steady State 30 – 40 –50 min + Strides	23 800, 2:00 rest, 4x400 w/ 90sec rest 4 x 200 rhythm reps	24 Pre-Meet- 3-4 miles + strides	25 Sac-Joaquin Masters Meet Finals	26 Long Run
27 Optional 3-6 miles shake-out/recovery	28 Uptempo run 30- 40minutes 4 x 200 rhythm reps	29 Speed Development 4-6 x 60m sprints 2 miles easy	30 Easy Steady State run	31 Pre – Meet plus 3 x 200 rhythm reps	1 California State Meet Trials	2 California State Meet Finals

2007