

Augustana Summer Training Program B - 2014

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
May-19	E - 45 min	Ti, 4 x 5 min, 2 min jog recovery		R - 6 x 90ish s hills		E - 50-60 min	L, 80 min
May-26	E - 50 min	Ti, 10 x 2 min, 1 min jog recovery		R - 12 x 40ish s hills		E - 50-60 min	L, 90 min
Jun-2	E - 60 min	R - 8 x 400 full recov.		T - 20 min steady		E - 50-60 min	L, 80 min
Jun-9	E - 40 min	R - 4 x (200 + 200 + 400), full recovery		R - 8 x 90ish hills		E - 50-60 min	L, 100 min
Jun-16	E - 60 min	R - 16 x 200 full rec.		T - FARTLEK 1+2+3+4+4+3+2+1 (1 min rest)		E - 50-60 min	L, 90 min
Jun-23	E - 45 min	3000 m time trial		Ti, 4 x 5 min, 2 min jog recovery		E - 50-60 min	L, 100 min
Jun-30	E - 50 min	R - 4 x (200 + 200 + 400), full recovery		T - 6 km		E - 50-60 min	L, 90 min
Jul-7	E - 50 min	Ti - 3 x 2 km, 2 min jog		R - 14 x 40ish s hills		E - 50-60 min	L, 100 min
Jul-14	E - 60 min	T - FARTLEK 1+2+3+4+4+3+2+1 (1 min rest)		E - 50-60 min		5000 m time trial	L, 90 min
Jul-21	E - 45 min	I - 6 x 800 m (2 min rest)		Ti, 5 x 5 min, 2 min jog recovery		E - 50-60 min	L, 100 min
Jul-28	E - 50 min	I - 5 x 1000 m (2 min rest)		Ti, 3 x 8 min, 2 min jog recovery		E - 50-60 min	L, 90 min
Aug-4	E - 50 min	I - 4 x 1200 m (2 min rest)		T - 7 km		E - 50-60 min	L, 100 min
Aug-11		I - 6 x 800 m (2 min rest)		I - 200+400+800+1000+800+400		E - 40-50 min	L, 75 min
Aug-18		I - 6 x 1000 m (2 min rest)		T - 15 min steady on XC race course		E - 40-50 min	L, 90 min
Aug-25		I - 4 x 1200 m (3 min rest)		I - 400+800+1000+1000+800+400		E - 40-50 min	L, 75 min
Sep-1		I - 5 x 800 m (2 min rest)		T - 20 min steady on XC race course		E - 40-50 min	L, 90 min