

# May

Consistency: Strides at the end of the run to maintain speed, run the hills for strength work. The training plan below is for athletes coming off of a break after track season.

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
Week 1 back 7	8 Boys: 3-4 miles Girls: 2-3 miles	9 Boys: 3-4 miles Girls: 2-3 miles	10 Boys: 3-4 miles Girls: 2-3 miles	11 Boys: 3-4 miles Girls: 2-3 miles	12 Boys: 3-4 miles Girls: 2-3 miles	13 Boys: 3-4 miles Girls: 2-3 miles
Week 2 back 14	15 Boys: 3-5 miles Girls: 3-4 miles	16 Boys: 3-5 miles Girls: 3-4 miles	(meeting 6pm E207) 17 Boys: 3-5 miles Girls: 3-4 miles	18 Boys: 3-5 miles Girls: 3-4 miles	19 Boys: 3-5 miles Girls: 3-4 miles	20 Boys: 3-5 miles Girls: 3-4 miles
Week 3 back 21	22 Boys: 4-6 miles Girls: 3-5 miles	23 Boys: 4-6 miles Girls: 3-5 miles	24 Boys: 4-6 miles Girls: 3-5 miles	25 Boys: 4-6 miles Girls: 3-5 miles	26 Boys: 4-6 miles Girls: 3-5 miles	27 Boys: 4-6 miles Girls: 3-5 miles
Week 4 back 28 <b>FINALS WEEK</b>	No School- oyo 29 Boys: 5-7 miles Girls: 4-6 miles	<b>P1/P4 Finals</b> 30 Boys: 5-6 miles Girls: 4-5 miles	<b>P2/P5 Finals</b> 31 Boys: 4-6 miles Girls: 3-5 miles	<b>P3/P6 Finals</b> 1 Boys: 5-6 miles Girls: 4-5 miles	2 Boys: 4-6 miles Girls: 3-5 miles	3 JV/VG: 5-6 miles VB: 7 miles
Week 5 back 4	First day of Summer 5 JV/VG- 4-5 mi, VB 6-8 mi	6 B- 2-3mi; Jv/VG- 5-6 mi VB 6-7 mi	7 B- 2-3mi; Jv/VG- 5-6 mi VB 6-7 mi	Progression Run last 15/20 min of run 8 B- 2-3mi; Jv/VG- 5-6 mi VB 7-8 mi	9 B- 2-3mi; Jv/VG- 5-6 mi; VB 6-7 mi	10 JV/VG: 6-7 mi VB: 8 miles,