Northern York Off-Season Running Program

MUSTS:

1. Stretch after runs
2. Cool down runs are important
3. Run after lifting; You will be tired if you try to run before lifting
4. Recommend twice a week if possible (except Sunday)

Week One –
1. One mile run – 10 minutes
   a. 4:00 rest
2. 2 x 100 yard sprint – 75% - 80% effort
   a. 1:00 rest between sets
3. 4 x 50 yard sprint – 75% - 80% effort
   a. :30 rest between sets
4. Sunday – LSD – 1.5 miles
   a. **L**ong **S**low **D**istance
   b. Should be able to talk
   c. Time is not important;
   d. Recovery Pace

Week Two –
1. One mile run – 10 minutes
   a. 4:00 rest
2. 2 x 100 sprint – 75% - 80% effort
   a. 1:00 rest between sets
3. 5 x 50 yard sprint – 75% - 80% effort
   a. :30 rest between sets
4. Sunday – LSD 1.5 miles

Week Three –

1. One mile run – 9:30
   a. 3:00 rest
2. 2 x 100 sprint – 75%-80% effort
   a. :45 rest between sets
3. 1 x 200 sprint – 75% -80% effort
   a. 2:00 rest
4. 4 x 50 yard sprint – 75%-80% effort
   a. :30 rest between sets
5. Sunday – LSD 1.5 miles

Week Four -
1. One mile run – 9:00
   a. 3:00 minute rest

2. 3 x 100 sprint – 80-85% effort
   a. :45 rest between sets
3. 2 x 200 sprint -75-80% effort
   a. 2:00 rest between sets
4. 6 x 50 yard sprints – 80-85% effort
   a. :30 seconds between sets
5. Sunday – LSD 2 miles

Week Five –

1. One mile run – 8:30
   a. 3:00 rest
2. 1 x 400 sprint – 75-80% effort
   a. 4:00 rest
3. 4 x 100 sprint – 75-80% effort
   a. :30 rest between sets
4. 2 x 200 sprint – 75-80% effort
   a. 1:30 rest between sets
5. 6 x 50 sprint – 80-85% effort
   a. :30 rest between sets
6. Sunday – LSD 2 miles

Week Six –
1. One mile run – 8:00
   a. 3:00 rest
2. 2 x 400 sprint – 80-85% effort
   a. 3:00 rest between sets
3. 4 x 100 sprint – 75-80% effort
   a. :30 rest between sets
4. 3 x 200 sprint – 75-80% effort
   a. 1:00 rest between sets
5. 8 x 50 sprint – 75-80% effort
   a. :30 rest between sets
6. Sunday – LSD 2 miles

Week Seven –

1. 1.5 mile run – 12:30
   a. 4:00 rest
2. 2 x 400 sprint – 80-85% effort
   a. 2:30 rest between sets
3. 4 x 100 sprint – 75-80% effort
   a. :30 rest between sets
4. 10 x 50 sprint – 80-85% effort
   a. :30 rest between sets
5. Sunday – LSD 2 miles

Week Eight

1. 1.5 mile run – 12:00
    a. 3:30 rest
2. 3 x 400 sprint – 80-85% effort
    a. 2:00 rest between sets
3. 6 x 100 sprint – 75-80% effort
    a. :30 rest between sets
4. 4 x 200 sprint – 80-85% effort
    a. :45 rest between sets
5. 10 x 50 sprint – 80-85% effort
    a. :30 rest between sets
6. Sunday – LSD 2 miles