



JFK Girls Track and Field Training Schedule Mid Distance

Season: 2019-2020

Period: BASE Level-1 Beginner

Start Date: Nov – 17th

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Miles
Work	Long Slow Distance	Long Intensity	Recovery	Aerobic Threshold	Recovery	Anaerobic Threshold	Recovery	Goal
1 11-17-2019	20-Min	20-Min Strength-A	OFF	20-MIN Strength-B	Thanksgiving Holiday OFF	20-MIN Strength-C	OFF	10-12
2 11-24-2019	25-Min	20-Min Strength-A	OFF	20-MIN Strength-B	20-MIN	20-MIN Strength-C	OFF	12-14
3 12-1-2019	30-Min	20-Min Strength-A	OFF	20-MIN Strength-B	20-MIN	20-MIN Strength-C	OFF	14-16
4 12-8-2019	25-Min	20-Min Strength-A	OFF	20-MIN Strength-B	20-MIN	20-MIN Strength-C	OFF	12-14

See Vo2 and Vvo2 Charts for training paces

See Strength Schedule for lifting exercises



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5 12-15-2019	30-Min	25-Min Strength-A	OFF	1.0-Miles Vvo2 + 60-Sec Strength-B	20-MIN	20-MIN Strength-C	OFF	14-16
6 12-22-2019	35-Min	25-Min Strength-A	OFF	Christmas Holiday	20-MIN	20-MIN Strength-C	OFF	16-19
7 12-29-2019	40-Min	25-Min Strength-A	OFF	1.0-Miles Vvo2 + 60-Sec Strength-B	20-MI	1.0-Miles Vvo2 + 40-Sec Strength-C	OFF	19-21
8 1-5-2020	35-Min	25-Min Strength-A	OFF	1.5-Miles Vvo2 + 60-Sec Strength-B	20-MIN	1.0-Miles Vvo2 + 40-Sec Strength-C	OFF	16-19

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9 1-12-2020	40-Min	30-Min Strength-A	30-Min	1.5-Miles Vvo2 + 60-Sec	20-MIN Strength-B	1.0-Miles Vvo2 + 40-Sec Strength-C	OFF	19-21
10 1-19-2020	40-Min	2x800M Vvo2 80-85% IR - 4-MIN Strength-A	30-Min	2.0-Miles Vvo2 + 60-Sec	20-MIN Strength-B	1.5-Miles Vvo2 + 40-Sec Strength-C	OFF	21-23
11 1-26-2020	45-Min	2x1000M Vvo2 80-85% IR - 4-MIN Strength-A	Recover 35-Min	2.0-Miles Vvo2 + 60-Sec	20-MIN Strength-B	1.5-Miles Vvo2 + 40-Sec Strength-C	OFF	23-26
12 2-2-2020	40-Min	2x1200M Vvo2 85-90% IR - 4-MIN Strength-A	Recover 30-Min	2.5-Miles Vvo2 + 60-Sec	20-MIN Strength-B	2.0-Miles Vvo2 + 40-Sec Strength-C	OFF	21-23

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