



JFK Girls Track and Field Training Schedule Mid Distance

Season: 2019-2020

Period: BASE Level 2 Experienced

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	30-Min	20-MIN Strength-A	OFF	30-MIN Strength-B	Thanksgiving Holiday OFF	20-MIN Strength-C	OFF	19-22
2 11-24-2019	35-Min	20-MIN Strength-A	OFF	30-MIN Strength-B	30-MIN	20-MIN Strength-C	OFF	22-25
3 12-1-2019	40-Min	25-MIN Strength-A	OFF	30-MIN Strength-B	30-MIN	20-MIN Strength-C	OFF	25-28
4 12-8-2019	35-Min	25-MIN Strength-A	OFF	30-MIN Strength-B	30-MIN	20-MIN Strength-C	OFF	22-25

See Vo2 and Vvo2 Charts for training paces

See Strength Schedule for lifting exercises



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5 12-15-2019	40-Min	30-MIN Strength-A	OFF	2.0-Miles Vvo2 + 60-Sec Strength-B	30-MIN	20-MIN Strength-C	OFF	28-31
6 12-22-2019	45-Min	30-MIN Strength-A	OFF	Christmas Holiday	30-MIN	20-MIN Strength-C	OFF	31-34
7 12-29-2019	50-Min	30-MIN Strength-A	OFF	2.0-Miles Vvo2 + 60-Sec Strength-B	30-MIN	2.0-Miles Vvo2 + 40-Sec Strength-C	OFF	34-37
8 1-5-2020	45-Min	30-MIN Strength-A	OFF	2.5-Miles Vvo2 + 60-Sec Strength-B	30-MIN	2.0-Miles Vvo2 + 40-Sec Strength-C	OFF	31-34

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9 1-12-2020	50-Min	30-MIN Strength-A	30-Min	2.0-Miles Vvo2 + 60-Sec Strength-B	30-MIN	2.5-Miles Vvo2 + 40-Sec Strength-C	OFF	37-40
10 1-19-2020	55-Min	3x800M Vvo2 80-85% IR - 4-MIN Strength-A	30-Min	2.5-Miles Vvo2 + 60-Sec Strength-B	30-MIN	2.0-Miles Vvo2 + 40-Sec Strength-C	OFF	40-43
11 1-26-2020	60-Min	3x1000M Vvo2 80-85% IR - 4-MIN Strength-A	30-Min	2.5-Miles Vvo2 + 60-Sec Strength-B	4x400M Vvo2 85-90% IR - 3-MIN Strength-B	2.5-Miles Vvo2 + 40-Sec Strength-C	OFF	43-46
12 2-2-2020	55-Min	3x1200M Vvo2 85-90% IR - 4-MIN Strength-A	30-Min	3.0-Miles Vvo2 + 60-Sec Strength-B	3x600M Vvo2 85-90% IR - 3-MIN Strength-B	2.5-Miles Vvo2 + 40-Sec Strength-C	OFF	40-43

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