

2017 Frisco Heat Distance Runners Base Program
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Daily Runs: Round up or down on the daily mileage depending on how you feel, the engineer in me let the math do it's thing....
 These are basic base building programs with no more than a 10% increase in mileage weekly.
 Feel free to contact me if you have questions or suggestions.

Crosstrain Examples: Swim Laps, Bike, Elliptical Runner, Row Machine, Plyometrics, Jumping Rope, Low weight high rep weight training, etc.

Strides: Flat surface and uphill strides should be at mile race pace or slower if not comfortable. Focus on form!

Fartlek Run: Run the first half of the mileage easy and comfortable.
 The second half, pick up the pace to 2 mile or 5K race pace for 1 minute then slow to the previous easy pace for 30 seconds.
 Every subsequent week, add ten seconds to the duration of the faster pace interval.

Hills: For hill workouts, find a good steep hill more than 100 meters, i.e. Eldorado overpass, SW side of Warren Park, west Windhaven Parkway.

	8U & 10U or Beginners	MI	12U & 14U or Low Fitness Level	MI	16U & 18U or High Fitness Level	MI
4/3/2017	WEEK 1	6.0	WEEK 1	12.0	WEEK 1	20.0
Monday	Run, stretch, drills	0.9	Run, stretch, drills	1.8	Run, stretch, drills	3.0
Tuesday	Run, 30 minutes of Crosstrain	0.6	Run, 30 minutes of Crosstrain	1.2	Run, 30 minutes of Crosstrain	2.0
Wednesday	Run, stretch, drills	1.2	Run, stretch, drills	2.4	Run, stretch, drills	4.0
Thursday	Run, 30 minutes of Crosstrain	0.6	Run, 30 minutes of Crosstrain	1.2	Run, 30 minutes of Crosstrain	2.0
Friday	Run, stretch, drills	0.6	Run, stretch, drills	1.2	Run, stretch, drills	2.0
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	1.8	Long Run	3.6	Long Run	6.0
4/10/2017	WEEK 2	6.6	WEEK 2	13.2	WEEK 2	22.0
Monday	Run, stretch, drills	1.0	Run, stretch, drills	2.0	Run, stretch, drills	3.3
Tuesday	Run, 30 minutes of Crosstrain	0.7	Run, 30 minutes of Crosstrain	1.3	Run, 30 minutes of Crosstrain	2.2
Wednesday	Run, stretch, drills	1.3	Run, stretch, drills	2.6	Run, stretch, drills	4.4
Thursday	Run, 30 minutes of Crosstrain	0.7	Run, 30 minutes of Crosstrain	1.3	Run, 30 minutes of Crosstrain	2.2
Friday	Run, stretch, drills	1.0	Run, stretch, drills	2.0	Run, stretch, drills	3.3
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	2.0	Long Run	4.0	Long Run	6.6
4/17/2017	WEEK 3	7.3	WEEK 3	14.5	WEEK 3	24.2
Monday	Run, stretch, drills, 6x50M strides	1.1	Run, stretch, drills, 6x100M strides	2.2	Run, stretch, drills, 6x100M strides	3.6
Tuesday	Run, 30 minutes of Crosstrain	0.7	Run, 30 minutes of Crosstrain	1.5	Run, 30 minutes of Crosstrain	2.4
Wednesday	Run, stretch, drills	1.5	Run, stretch, drills	2.9	Run, stretch, drills	4.8
Thursday	Run, 30 minutes of Crosstrain	0.7	Run, 30 minutes of Crosstrain	1.5	Run, 30 minutes of Crosstrain	2.4
Friday	Run, stretch, drills, 6x50M strides	1.1	Run, stretch, drills, 6x100M strides	2.2	Run, stretch, drills, 6x100M strides	3.6
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	2.2	Long Run	4.4	Long Run	7.3
4/24/2017	WEEK 4	8.0	WEEK 4	16.0	WEEK 4	26.6
Monday	Run, stretch, drills, 6x80M strides	1.2	Run, stretch, drills, 6x100M strides	2.4	Run, stretch, drills, 6x100M strides	4.0
Tuesday	Run, 35 minutes of Crosstrain	0.8	Run, 35 minutes of Crosstrain	1.6	Run, 35 minutes of Crosstrain	2.7
Wednesday	Run, stretch, drills	1.6	Run, stretch, drills	3.2	Run, stretch, drills	5.3
Thursday	Run, 35 minutes of Crosstrain	0.8	Run, 35 minutes of Crosstrain	1.6	Run, 35 minutes of Crosstrain	2.7
Friday	Run, stretch, drills, 6x80M strides	1.2	Run, stretch, drills, 6x100M strides	2.4	Run, stretch, drills, 6x100M strides	4.0
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	2.4	Long Run	4.8	Long Run	8.0
5/1/2017	WEEK 5	8.0	WEEK 5	16.0	WEEK 5	26.6
Monday	Morning run & Evening Practice	1.2	Morning run & Evening Practice	2.4	Morning run & Evening Practice	4.0
Tuesday	Morning run & Evening Practice	0.8	Morning run & Evening Practice	1.6	Morning run & Evening Practice	2.7
Wednesday	Run, stretch, drills	1.6	Run, stretch, drills	3.2	Run, stretch, drills	5.3
Thursday	Morning run & Evening Practice	0.8	Morning run & Evening Practice	1.6	Morning run & Evening Practice	2.7
Friday	Run, stretch, drills, 6x100M strides	1.2	Run, stretch, drills, 6x150M strides	2.4	Run, stretch, drills, 6x150M strides	4.0
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	2.4	Long Run	4.8	Long Run	8.0
5/8/2017	WEEK 6	8.8	WEEK 6	17.6	WEEK 6	29.3
Monday	Morning run & Evening Practice	1.3	Morning run & Evening Practice	2.6	Morning run & Evening Practice	4.4
Tuesday	Morning run & Evening Practice	0.9	Morning run & Evening Practice	1.8	Morning run & Evening Practice	2.9
Wednesday	Run, stretch, drills	1.8	Run, stretch, drills	3.5	Run, stretch, drills	5.9
Thursday	Morning run & Evening Practice	0.9	Morning run & Evening Practice	1.8	Morning run & Evening Practice	2.9
Friday	Run, stretch, drills, 10x80M strides	1.3	Run, stretch, drills, 10x100M strides	2.6	Run, stretch, drills, 10x100M strides	4.4
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	2.6	Long Run	5.3	Long Run	8.8
5/15/2017	WEEK 7	9.7	WEEK 7	19.3	WEEK 7	32.2
Monday	Morning run & Evening Practice	1.4	Morning run & Evening Practice	2.9	Morning run & Evening Practice	4.8
Tuesday	Morning run & Evening Practice	1.0	Morning run & Evening Practice	1.9	Morning run & Evening Practice	3.2
Wednesday	Run, stretch, drills	1.9	Run, stretch, drills	3.9	Run, stretch, drills	6.4
Thursday	Morning run & Evening Practice	1.0	Morning run & Evening Practice	1.9	Morning run & Evening Practice	3.2
Friday	Run, stretch, drills, 6x100M strides	1.4	Run, stretch, drills, 8x150M strides	2.9	Run, stretch, drills, 8x150M strides	4.8
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	2.9	Long Run	5.8	Long Run	9.7

5/22/2017	WEEK 8	10.6	WEEK 8	21.3	WEEK 8	35.4
Monday	Morning run & Evening Practice	1.6	Morning run & Evening Practice	3.2	Morning run & Evening Practice	5.3
Tuesday	Morning run & Evening Practice	1.1	Morning run & Evening Practice	2.1	Morning run & Evening Practice	3.5
Wednesday	Run, stretch, drills	2.1	Run, stretch, drills	4.3	Run, stretch, drills	7.1
Thursday	Morning run & Evening Practice	1.1	Morning run & Evening Practice	2.1	Morning run & Evening Practice	3.5
Friday	Run, stretch, drills, 6x80M uphill strides	1.6	Run, stretch, drills, 6x100M uphill strides	3.2	Run, stretch, drills, 6x100M uphill strides	5.3
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	3.2	Long Run	6.4	Long Run	10.6
5/29/2017	WEEK 9	11.7	WEEK 9	23.4	WEEK 9	39.0
Monday	Morning run & Evening Practice	1.8	Morning run & Evening Practice	3.5	Morning run & Evening Practice	5.8
Tuesday	Morning run & Evening Practice	1.2	Morning run & Evening Practice	2.3	Morning run & Evening Practice	3.9
Wednesday	Run, stretch, drills	2.3	Run, stretch, drills	4.7	Run, stretch, drills	7.8
Thursday	Morning run & Evening Practice	1.2	Morning run & Evening Practice	2.3	Morning run & Evening Practice	3.9
Friday	Run, stretch, drills, 6x80M uphill strides	1.8	Run, stretch, drills, 6x100M uphill strides	3.5	Run, stretch, drills, 6x100M uphill strides	5.8
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	3.5	Long Run	7.0	Long Run	11.7
6/5/2017	WEEK 10	11.7	WEEK 10	23.4	WEEK 10	39.0
Monday	Morning run & Evening Practice	1.8	Morning run & Evening Practice	3.5	Morning run & Evening Practice	5.8
Tuesday	Morning run & Evening Practice	1.2	Morning run & Evening Practice	2.3	Morning run & Evening Practice	3.9
Wednesday	Run, stretch, drills	2.3	Run, stretch, drills	4.7	Run, stretch, drills	7.8
Thursday	Morning run & Evening Practice	1.2	Morning run & Evening Practice	2.3	Morning run & Evening Practice	3.9
Friday	Run, stretch, drills, 6x80M uphill strides	1.8	Run, stretch, drills, 8x100M uphill strides	3.5	Run, stretch, drills, 8x100M uphill strides	5.8
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	3.5	Long Run	7.0	Long Run	11.7
6/12/2017	WEEK 11	12.9	WEEK 11	25.7	WEEK 11	42.9
Monday	Morning run & Evening Practice	1.9	Morning run & Evening Practice	3.9	Morning run & Evening Practice	6.4
Tuesday	Morning run & Evening Practice	1.3	Morning run & Evening Practice	2.6	Morning run & Evening Practice	4.3
Wednesday	Run, stretch, drills	2.6	Run, stretch, drills	5.1	Run, stretch, drills	8.6
Thursday	Morning run & Evening Practice	1.3	Morning run & Evening Practice	2.6	Morning run & Evening Practice	4.3
Friday	Run, stretch, drills, 6x100M uphill strides	1.9	Run, stretch, drills, 8x100M uphill strides	3.9	Run, stretch, drills, 8x100M uphill strides	6.4
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	3.9	Long Run	7.7	Long Run	12.9
6/19/2017	WEEK 12	14.1	WEEK 12	28.3	WEEK 12	42.9
Monday	Morning run & Evening Practice	2.1	Morning run & Evening Practice	4.2	Morning run & Evening Practice	6.4
Tuesday	Morning run & Evening Practice	1.4	Morning run & Evening Practice	2.8	Morning run & Evening Practice	4.3
Wednesday	Run, stretch, drills	2.8	Run, stretch, drills	5.7	Run, stretch, drills	8.6
Thursday	Morning run & Evening Practice	1.4	Morning run & Evening Practice	2.8	Morning run & Evening Practice	4.3
Friday	Run, stretch, drills, 6x100M uphill strides	2.1	Run, stretch, drills, 8x100M uphill strides	4.2	Run, stretch, drills, 10x100M uphill strides	6.4
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	4.2	Long Run	8.5	Long Run	12.9
6/26/2017	WEEK 13	15.6	WEEK 13	31.1	WEEK 13	47.2
Monday	Morning run & Evening Practice	2.3	Morning run & Evening Practice	4.7	Morning run & Evening Practice	7.1
Tuesday	Morning run & Evening Practice	1.6	Morning run & Evening Practice	3.1	Morning run & Evening Practice	4.7
Wednesday	Run, stretch, drills	3.1	Run, stretch, drills	6.2	Run, stretch, drills	9.4
Thursday	Morning run & Evening Practice	1.6	Morning run & Evening Practice	3.1	Morning run & Evening Practice	4.7
Friday	Run, stretch, drills, 8x100M uphill strides	2.3	Run, stretch, drills, 10x100M uphill strides	4.7	Run, stretch, drills, 10x100M uphill strides	7.1
Saturday	Rest	0.0	Rest	0.0	Rest	0.0
Sunday	Long Run	4.7	Long Run	9.3	Long Run	14.1