

January			February					March					April				May			
Preparation								Competition												
Preseason Preparation		General Preparation			Specific Preparation			Regular Season					Championship Season				Post Season			
1		2			3			4					5				6			
Build or Develop A Strong Aerobic Base Long, Slow, Distance (LSD)		Continue to Develop Aerobic Base (LSD) Incorporate Tempo Pace Runs and Fartlek "speed-play" Runs (Near Threshold For Short Durations)			Continue to Develop Aerobic Base (LSD) Continue Tempo Pace Runs and Fartlek Runs (Near Threshold) Aerobic Intervals (VO ₂ Max)			Continue to Develop Aerobic Base (LSD) Continue Tempo Pace Runs and Fartlek Runs (Threshold) Aerobic Intervals (VO ₂ Max)					Maintain Aerobic Base (LSD) Aerobic Intervals (VO ₂ Max) Anaerobic Intervals (Exceed VO ₂ Max)				Rest/Recovery Rebuild Strong Aerobic Base Long, Slow, Distance (LSD)			
1/6	1/13	1/20	1/27	2/3	2/10	2/17	2/24	3/2	3/9	3/16	3/23	3/30	4/6	4/17	4/20	4/27	5/4	5/11	5/18	5/25
							Forerunner Warm-Up Meet		Coastal MS Wildcat Open 2024		Forerunner Open 2024				MSAHA Conference Meet					