

**2024 Knighthawks Cross-Country Periodization**

2024 Knighthawks Cross-Country Periodization														
June				July					August				September	
Preparation														
General Preparation								Specific Preparation						
1				2					3				4	
Build or Develop a Strong Aerobic Base <b>Long, Slow, Distance (LSD)</b>				Continue to Develop Aerobic Base <b>(LSD)</b>  Incorporate Tempo Pace Runs and Fartlek "speed-play" Runs <b>(Threshold for Short Duration)</b>					Continue to Develop Aerobic Base <b>(LSD)</b>  Continue Tempo Pace Runs and Fartlek Runs <b>(Threshold for Medium Duration)</b>  Aerobic Intervals <b>(VO<sub>2</sub> Max Intervals)</b>				Continue to Develop Aerobic Base <b>(LSD)</b>  Continue Tempo Pace Runs and Fartlek Runs <b>(Threshold for Long Duration)</b>  Aerobic Intervals <b>(VO<sub>2</sub> Max Intervals)</b>	
June				July					August				September	
2-8	9-15	16-22	23-29	30-6	7-13	14-20	21-27	28-3	4-10	11-17	18-24	25-31	1-7	8-14
										<i>Early Bird 2 Miller 8/12</i>	<i>Victors Kickoff at the Quarry 8/24</i>		<i>The Opener 9/7</i>	<i>Forerunners Light It Up at Lakeshore 9/14</i>

Date for the Southeastern Cross-Country All-Stars to be determined and is shown above in italics with an assumed date.