

# Philly Training Plan

September 2014	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pre-Plan</b>	1 REST	2 2 mile or cross train ----- <b>Xc practice</b>	3 Stretch and strength ----- <b>Xc practice</b>	4 3 mile run and strength ----- <b>Xc practice</b>	5 REST	6 30 minutes of x train	7 4 mile
<b>Pre-Plan</b>	8 3 mile run ----- <b>Xc practice</b>	9 2 mile or cross train ----- <b>Xc practice</b> Ballet	10 Stretch and strength ----- <b>Xc practice</b> Tap and Precision	11 3 mile run and strength ----- <b>Xc practice</b>	12 Rest ----- Jazz and Lyrical No XC	13 30 minute Cross Train	14 4 mile run
<b>Week 1</b>	15 3 mile ----- <b>Xc practice</b>	16 2 mile or cross train ----- <b>Xc practice</b> Ballet	17 Stretch and strength ----- <b>Xc practice</b> Tap and Precision	18 3 mile run and strength ----- <b>Xc practice</b>	19 Rest ----- Jazz and Lyrical No XC	20 30 minute Cross Train	21 4 mile run
<b>Week 2</b>	22 3 mile ----- <b>Xc practice</b>	23 2 mile or cross train ----- Xc practice Ballet	24 Stretch and strength ----- <b>Xc practice</b> Tap and Precision	25 3 mile run and strength ----- <b>Xc practice</b>	26 Rest ----- Jazz and Lyrical No XC	27 Manhattan Dance Project  McQuaid Invitational?	28 Manhattan Dance Project
<b>Week 3</b>	29 3.5 mile ----- <b>Xc practice</b>	30 2 mile or cross train ----- <b>Xc practice</b> Ballet					

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<b>Week 4</b>			1 Stretch and strength ----- <b>Xc practice</b> Tap and Precision	2 3.5 mile run and strength ----- <b>Xc practice</b>	3 Rest ----- Jazz and Lyrical No XC	4 Tully Invitational	5 5 mile run
<b>Week 5</b>	6 4 mile ----- <b>Xc practice</b>	7 2 mile or cross train ----- <b>Xc practice</b> Ballet	8 Stretch and strength ----- <b>Xc practice</b> Tap and Percision	9 4 mile run and strength ----- <b>Xc practice</b>	10 Rest ----- Jazz and Lyrical No XC	11 40 minutes of cross train	12 Dryland Training? 6 mile run
<b>Week 6</b>	13 4 mile ----- <b>Xc practice?</b>	14 2 mile or cross train ----- <b>Xc practice</b> Ballet	15 Stretch and strength ----- <b>Xc practice</b> Tap and Percision	16 4 mile run and strength ----- <b>Xc practice</b>	17 Rest ----- Jazz and Lyrical No XC	18 Marathon Invitational	19 Dryland Training 7 mile
<b>Week 7</b>	20 4.5 mile run ----- <b>Xc practice?</b>	21 3 mile or cross train ----- <b>Xc practice</b> Ballet	22 Stretch and strength ----- <b>Xc practice</b> Tap and Percision	23 4.5 mile run and strength ----- <b>Xc practice</b>	24 Rest ----- Jazz and Lyrical No XC	25 IAC championships <b>XC is Over</b>	26 Dryland Training 8 mile
<b>Week 8</b>	27 4.5 mile run	28 3 mile or cross train ----- Ballet	29 Stretch and strength ----- Tap and Percision	30 4.5 mile run	31 HALLOWEEN Rest ----- Jazz and Lyrical		

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November 2014	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 9</b>						1 Rest	2 Dryland training  10 K Race
<b>Week 10</b>	3 5 mile run	4 3 mile or cross train ----- Ballet	5 Stretch and strength ----- Tap and Percision	6 5 mile run and strength	7 Rest ----- Jazz and Lyrical	8 60 minutes of Cross Training	9 9 mile run
<b>Week 11</b>	10 5 mile run	11 3 mile or cross train ----- Ballet	12 Stretch and strength ----- Tap and Percision	13 5 mile run and strength	14 Rest ----- Jazz and Lyrical	15 60 minutes of Cross Training	16 10 mile run
<b>Week 12</b>	17 4 mile run	18 3 mile or cross train ----- Ballet	19 2 mile run ----- Tap and Percision	20 Rest	21 Rest ----- Jazz and Lyrical	22 Half Marathon	23 Half Marathon