



Summer Training-50 Miles Per Week

| | <u>Sunday</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> | <u>Miles Per Week</u> |
|---------------|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|-----------------------|
| Week 1 | <u>21-May</u> | <u>22-May</u> | <u>23-May</u> | <u>24-May</u> | <u>25-May</u> | <u>26-May</u> | <u>27-May</u> | |
| Run | OFF | 4 Miles | 4 Miles | 5 Miles | 4 Miles | 5 Miles | 5 Miles | 27 Miles |
| Week 2 | <u>28-May</u> | <u>29-May</u> | <u>30-May</u> | <u>31-June</u> | <u>1-June</u> | <u>2-June</u> | <u>3-June</u> | |
| Run | OFF | 4 Miles | 4 Miles | 5 Miles | 5 Miles | 5 Miles | 6 Miles | 29 Miles |

#1 GHSA DEAD WEEK (May 29th-June 4th)

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|---------------|----------------|------------------------------------|-------------------------|----------------|----------------------|-----------------|----------------|----------|
| Week 3 | <u>4-June</u> | <u>5-June</u> | <u>6-June</u> | <u>7-June</u> | <u>8-June</u> | <u>9-June</u> | <u>10-June</u> | |
| Run | OFF | 4 Miles | 3 Miles | 4 Miles | 4 Miles | 4 Miles | 5 Miles | 24 Miles |
| Week 4 | <u>11-June</u> | <u>12-June</u> | <u>13-June</u> | <u>14-June</u> | <u>15-June</u> | <u>16-June</u> | <u>17-June</u> | |
| Run | OFF | 6 Miles/Hills | 5 Miles | 6 Miles | 5 Miles | 4 Miles/85% Run | 7 Miles | 33 Miles |
| Week 5 | <u>18-June</u> | <u>19-June</u> | <u>20-June</u> | <u>21-June</u> | <u>22-June</u> | <u>23-June</u> | <u>24-June</u> | |
| Run | OFF | 5 Miles Double 3 Miles | 6 Miles | 5 Miles | 5 Miles/ 7 Min TT | 7 Miles | 8 Miles | 39 Miles |
| Week 6 | <u>25-June</u> | <u>26-June</u> | <u>27-June</u> | <u>28-June</u> | <u>29-June</u> | <u>30-June</u> | <u>1-July</u> | |
| Run | OFF | 6 Miles | 3 Miles/Mile Repeats | 6 Miles | 5 Miles/ 85% Run | 7 Miles | 7 Miles | 34 Miles |
| Week 7 | <u>2-July</u> | <u>3-July</u> | <u>4-July</u> | <u>5-July</u> | <u>6-July</u> | <u>7-July</u> | <u>8-July</u> | |
| Run | OFF | 5 Miles/Hills Double 5 Miles | 6 Miles | 6 Miles | 6 Miles | 7 Miles | 8 Miles | 43 Miles |

#2 GHSA DEAD WEEK (July 3rd -July 9th)

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|---------------|----------------|------------------------------|------------------------------|----------------|--------------------------|----------------|----------------|----------|
| Week 8 | <u>9-July</u> | <u>10-July</u> | <u>11-July</u> | <u>12-July</u> | <u>13-July</u> | <u>14-July</u> | <u>15-July</u> | |
| Run | 6 Miles | 5 Miles Double 4 Miles | 5 Miles/ 85% Run | 7 Miles | 5 Miles/ 7 Min TT | 8 Miles | 10 Miles | 50 Miles |
| Week 9 | <u>16-July</u> | <u>17-July</u> | <u>18-July</u> | <u>19-July</u> | <u>20-July</u> | <u>21-July</u> | <u>22-July</u> | |
| Run | 4 Miles | 4 Miles/ Hills | 5 Miles Double 4 Miles | 6 Miles | 4 Miles/ Mile Repeats | 7 Miles | 9 Miles | 43 Miles |

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| Week 10 | <u>23-July</u> | <u>24-July</u> | <u>25-July</u> | <u>26-July</u> | <u>27-July</u> | <u>28-July</u> | <u>29-July</u> | |
| Run | 5 Miles | 5 Miles Double 4 Miles | 5 Miles/ 85% Run | 7 Miles | 5 Miles/Hills | 9 Miles | 10 Miles | 50 Miles |

420 Miles

*You need to warm up +stretch+leg swings+dynamics before you run and cool down after each workout (see key).

*Put in strides+core the days you do not have a workout (see key).

Key:

1. **Strides:** End your easy runs with strides. Your strides should be about 100 meters long, running 5-6 times.
2. **Warm Up:** 1-1.5 miles; **Cool Down:** 1-1.5 miles
3. **Track Hurdles and Banana Hurdles:** Help with hip flexibility and speed, quickness & agility
4. **Core Workouts:** planks, sit ups, pushups, wall sits, bicycles, supermans, jump rope, 6 inches, wall sits= 1 min each x 2
5. **OFF:** No Run/Rest/Cross Train
6. **TT:** Time Trial (see how many laps you can put in 7 min)
7. **Towel, Spell Alphabet, Toe Raises:** Do these a couple times a week
8. **Weights:** Done in the weight room + jump ropes + plyometrics
9. **Double:** (You will run twice that day; will be ran by yourself, not as a team)
10. **GHS A Dead Week:** No practice allowed; run on your own (#1: May 29th-June 4th & #2: July 3rd- July 9th)
11. **85% Runs:** Run about 85% of your effort.
12. **Hills:** Find a hill and sprint up the hill and jog down the bottom.
13. **Fartlek:** Swedish for "speed play". This is a continuous run without stopping. This is unstructured and alternates between moderate to hard efforts with easy efforts throughout.
14. **Tempo:** Also known as threshold runs. They are like an Oreo cookie, with the warmup and cooldown as the cookie, and a run at an effort at—or slightly above—your anaerobic threshold (the marker in which your body shifts to using more glycogen for energy) as the filling. This is the effort level just outside your comfort zone—you can hear your breathing, but you’re not gasping for air. If you can talk easily, you’re not in the tempo zone, and if you can’t talk at all, you’re above the zone. It should be at an effort somewhere in the middle, a “comfortably hard” effort that allows you to talk in broken words and hold that effort for at least 20 minutes.
15. **Interval Workouts:** Are short, intense efforts followed by equal or slightly longer recovery time.