

Summer Training Schedule

Here is the summer training schedule if you want something to follow. Please remember these things:

1) Keep a running log of all the workouts you do, with comments about how it felt. This is a good habit to develop because you can use it for reference in the years to come.

2) Whenever possible, avoid running on paved or concrete surfaces. Grass and dirt are much easier on your legs. If something starts to hurt, take a few days off and contact Coach Zent!

3) Get a wristwatch with a stopwatch so you can measure your distance, see your times, etc. Then you can also join strava!

Please follow the appropriate level! Level 1: Varsity; Level 2: Ran last year and want to do well this year; Level 3: Beginner or just want to be in shape when the season starts!

Harder, more important workouts are emphasized with CAPITALS (Mondays, Wednesdays)

The 40 to 45 minute easy runs between those harder days are for recovery; so don't push pace at all on those days because you don't want to burn out. If you have to take a day off, make it one of these recovery days, not a harder day, if at all possible.

EASY: Recovery pace, not ridiculously slow; an "as you feel" pace; "Talking" jog pace

EASY/MODERATE: Relaxed, picking it up to a little faster than easy pace

MODERATE: The pace you go when you are on a "regular run;" It's not hard, just a decent enjoyable effort

LONG: You will do one long run of an hour+ every week. These will be Fridays at Zimmerman park.. These runs are done at a relaxed pace, no faster than moderate effort. The long runs will make you strong, both physically and mentally.

TEMPO: About 30 seconds per mile slower than your current 3 mile pace These runs are to be done on a flat course and the same pace be maintained throughout. “Comfortably hard” as we will call it, tempo workouts are the most important tool for improving your fitness and endurance.

Also known as “Anaerobic Threshold Pace,” this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer. To get you used to how the season is structured, this key workout is on Wednesdays

June 5th THRU June 30th — 4 WEEKS

Run 30 to 45 minutes easy, as you feel, 3 to 4 days a week. DO NOT exceed tempo (anaerobic threshold) pace. Varsity runners or those that ran track can go up to about 60 min. YOU DO NOT NEED CRAZY MILEAGE. Your highest mileage weeks should be the end of July and first two weeks of August.

Rest between run days or do some cross-training (XT). Use this time to build your aerobic fitness base (remember, the better you build your base, the higher your potential).

Run on dirt and/or grass and with your teammates as often as possible. Walk whenever you feel winded. No huffing and puffing during the base building phase.

No sprinting. If you are breathing heavily at any point, slow down and take more walk breaks. Rapid breathing at the end of the run means that the pace needs to be reduced, from the beginning, on the next run.

After your run, log it, either in an app or on paper. Include distance and/or time you ran, terrain, time of day and/or temperature, and how you felt about the run, noting anything uncomfortable or what felt good about it. Keep in mind you have a lot of running ahead of you, so go easy and enjoy it!

STRENGTH BUILDING PHASE JULY 1st THRU BEGINNING OF SEASON

WEEK 1 - July 3rd-7th

Mon - 40 to 50 mins easy conversational pace a.k.a. "talking" jog (level 1)

30-40 mins (level 2)

20-30 mins (level 3)

Tues- **Happy 4th of July!!** (fun run in Laurel!)

Wed - HILL RUN/ 3 to 4 miles with 6 hills or so, moderate pace

Thurs- 45 min. easy (level 1)

35 min. Easy (level 2)

25 min. Easy (level 3)

Fri - LONG, 55 mins+, nice and easy "talking" jog @ Zimmerman Park (all levels)

WEEK 2 - July 9th-15th

Mon - 40 to 50 mins easy conversational pace a.k.a. "talking" jog (level 1)

30-40 mins (level 2)

20-30 mins (level 3)

Tuesday-Hill Run- 3 to 4 miles with 6 or so hills

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace. Long warm up & cool down. (all levels the same--warm-up and cool down can be longer/shorter for different level)

Thurs - 40 to 50 mins easy conversational pace a.k.a. "talking" jog (level 1)

30-40 mins (level 2)

20-30 mins (level 3)

core strengthening exercises

Fri - LONG, 55 to 60 mins relaxed

WEEK 3- July 16-22nd

Mon - FARTLEK - Timed hard efforts mixed with slower recovery of similar time. 4 mins on (hard), 8 off (easy) x 4 (level 1)

3 min hard, 10 min easy x 3 (level 2)

3 min hard, 10 min easy x 2 (level 3)

Tues - 45 mins easy + core strengthening exercises (all levels)

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace. Long warm up & cool down.

Thurs - 40 to 50 mins easy conversational pace a.k.a. "talking" jog (level 1)
30-40 mins (level 2)
20-30 mins (level 3)

Fri - 60 minutes

WEEK 4 July 24th-29th

Mon - FARTLEK, 5 min on, 5 min off x 4 sets (level 1)
4 min on, 4 min off x 3 (level 2)
4 min on, 4 min off x 3 (level 1)

Tues - 40 to 50 mins easy conversational pace a.k.a. "talking" jog (level 1)
30-40 mins (level 2)
20-30 mins (level 3)
Core work

Wed -Hill work! 30-40 minutes with 6 hills

Thurs - 40 mins moderate pace + core strengthening exercises

Fri - Long run- 60 minutes

WEEK 5 - July 31- August 5th

Mon - FARTLEK, 1 min on, 1 min off x 15 sets. End with 2 min off, 3 min on.
(level 1)
1 min on, 1 min on x 10 sets (level 2 and 3)
Tues - 40+ mins easy + core strengthening exercises
Wed - 20 min TEMPO RUN w/ Long warm up & cool down.
Thurs - 40 to 45 mins easy / moderate pace + core
Fri -- LONG, 65 to 70 mins easy / moderate as you feel + core

WEEK 6 - August 7th-August 11th

Mon - FARTLEK, 3 min on, 3 min off / 1 min on, 1 min off x 5 sets, then 10 min on, 10 min off (60 minutes total) (level 1)
3 min on, 3 min off/ 1 min on, 1 min off x 5 sets (level 2 and 3)

Tues - 40 to 45 mins easy / mod + core strengthening exercises

Wed - 30-40 minutes plus 6 hills

Thurs - 40 to 45 mins MODERATE + core strengthening exercises
Fri - LONG, 70 mins moderate on rolling trails

Then practice starts! 7 a.m. at WEST!