**2015 SUMMER RUNNING CHART**

**WHY:** The summer running chart is to provide a guide to your summer training. The goal is to prevent both over and under-training by gradually working up to the first week of the season. There are no skipping weeks, and if you do miss a week, go back to the last week you left off. This will gradually prepare you for the first day of practice August 5th. If you would like to modify your summer plan please contact me and I’ll help you with specifics.

**CROSS TRAINING:**  Biking, swimming, hiking, ultimate Frisbee, & soccer are all great cross training activities, and I highly recommend that you do these on the days that you are NOT running. Doing some mild lifting with weights would also be good thing (low weight with high reps).

***Running Chart***

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| --- | --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **Week 1***June 22-28* | 4 miles over 3 runs | 5 miles over 3 runs | 8 miles over 4 runs | 12 miles over 5 runs |
| **Week 2***Jun 29-Jul 05* | 5 miles over 3 runs | 6 miles over 3 runs | 10 miles over 4 runs | 14 miles over 5 runs |
| **Week 3***July 06-12* | 6 miles over 3 runs | 8 miles over 3 runs | 12 miles over 5 runs | 16 miles over 5 runs |
| **Week 4***July 13-19* | 7 miles over 3 runs | 10 miles over 4 runs | 14 miles over 5 runs | 16 miles over 5 runs |
| **Week 5***July 20-26* | 8 miles over 3 runs | 12 miles over 4 runs | 16 miles over 5 runs | 18 miles over 5 runs |
| **Week 6***Jul 27-Aug02* | 9 miles over 3 runs | 14 miles over 4 runs | 18 miles over 5 runs | 21 miles over 5 runs |
| **Week 7***Aug 03-09* | 11 miles over 4 runs | 16 miles over 4 runs | 20 miles over 5 runs | 23 miles over 5 runs |
| **Total Miles** | ***50 miles*** | ***71 miles*** | ***98 miles*** | ***120 miles*** |
| **Level Description** | First Year high school runner or haven’t run since last season | Second year high school runner or have a small base (soccer) to build off of | Third year high school runner training 6 or more months per year | Fourth year high school runner or special permission. |
| **Sample Workouts** | First 5 weeks mix walking with running if you need to. For example, 1 mile run, 10 minute walk, 1 mile run. After week 5 work up to all running.Run Style: Easy or conversational pace | First 3-4 weeks mix walking with running if you need to. 2 mile run, 10 minute walk, .5 run, 5 minute walk. After that work up to all running.Run Style: Easy or conversational pace | Break runs up for mileage but try to make all runs at least 3 miles except week 1. Last 3 weeks of plan start adding some tempo runs into your week. Run Style: Conversational pace for weeks 1-4 | Break runs up for mileage but try to make all runs at least 3 miles Weeks 4 & 5, start adding some tempo runs into your week. Weeks 6 & 7, start mixing in some Fartleks. Run Style: Conversational pace for weeks 1-3 |
| **Recovery** | Run a day; Rest a day | Run a day; Rest a day | Run 3 days; Rest a day, repeat | Run 3 days; Rest a day, repeat |

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