

## 2017 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 7th. 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*

	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
<b>Week 1</b> <i>June 19-25</i>	4 miles over 3 runs	5 miles over 3 runs	8 miles over 4 runs	12 miles over 5 runs
<b>Week 2</b> <i>Jun 26-Jul 02</i>	5 miles over 3 runs	6 miles over 3 runs	10 miles over 4 runs	14 miles over 5 runs
<b>Week 3</b> <i>July 03-09</i>	6 miles over 3 runs	8 miles over 3 runs	12 miles over 5 runs	16 miles over 5 runs
<b>Week 4</b> <i>July 10-16</i>	7 miles over 3 runs	10 miles over 4 runs	14 miles over 5 runs	16 miles over 5 runs
<b>Week 5</b> <i>July 17-23</i>	8 miles over 3 runs	12 miles over 4 runs	16 miles over 5 runs	18 miles over 5 runs
<b>Week 6</b> <i>Jul 24-30</i>	9 miles over 3 runs	14 miles over 4 runs	18 miles over 5 runs	21 miles over 5 runs
<b>Week 7</b> <i>Jul 31-Aug06</i>	11 miles over 4 runs	16 miles over 4 runs	20 miles over 5 runs	23 miles over 5 runs
<b>Total Miles</b>	<b><i>50 miles</i></b>	<b><i>71 miles</i></b>	<b><i>98 miles</i></b>	<b><i>120 miles</i></b>
<b>Level Description</b>	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.
<b>Sample Workouts</b>	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
<b>Recovery</b>	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