

# Summer Plan 750 Miles 182 Cross Train Miles

| Week of | Monday    | Tuesday      | Wednesday   | Thursday   | Friday      | Saturday    | Sunday    | Total         |
|---------|-----------|--------------|-------------|------------|-------------|-------------|-----------|---------------|
| 5/29    | 6         | 8            | 6           | 4/6C       | 7           | 9           | 6         | 46(6)         |
| 6/5     | 6         | 8            | 7           | 6/6C       | 7           | 9           | 7         | 50(6)         |
| 6/12    | 7         | 8/8C         | 8           | 7          | 6/6C        | 10          | 8         | 54(14)        |
| 6/19    | 7^        | 6H/5C        | 8           | 7-TT       | 6           | 10          | 6/5C      | 50(10)        |
| 6/26    | 8-H       | 7/8C         | 9           | 8-T        | 8           | 10          | 6/10C     | 56(16)        |
| 7/3     | 8         | 8            | 8/8C        | 8-O        | 8/5C        | 12          | 6/5C      | 58(18)        |
| 7/10    | 8-T       | 8C/8         | 9           | 8-TH       | 8           | 12          | 7/8C      | 60(16)        |
| 7/17    | 8-M3      | 8C/6         | 8C/8        | 8-T        | 8           | 12          | 8         | 58(16)        |
| 7/24    | 8-TT      | 10C/5        | 9           | 9-TH       | 9/6C        | 12          | 8         | 60(16)        |
| 7/31    | 8-T       | 8C/8         | 10          | 8-H        | 8           | 12          | 8/8C      | 62(16)        |
| 8/7     | 9-T       | 8C/8         | <b>10*</b>  | <b>9-H</b> | <b>8/8C</b> | <b>9-TT</b> | <b>13</b> | <b>66(16)</b> |
| 8/14    | <b>9</b>  | <b>10</b>    | <b>8/8C</b> | <b>9</b>   | <b>8C/8</b> | <b>9</b>    | <b>13</b> | <b>66(16)</b> |
| 8/21    | <b>10</b> | <b>4/10C</b> | <b>10</b>   | <b>10</b>  | <b>9</b>    | <b>6C/8</b> | <b>13</b> | <b>64(16)</b> |

## Key Concepts-

Stay of grass for easy running- it will help keep us healthy

We will try to get in the pool or bike once/twice a week instead of an easy run or maybe even substitute a workout.

Need a group to meet together and run when we don't have summer running

## Workout Terms

H- Hills(The one by Taylor is great), but if you can find a 150-200m hill those are great options(6-8)

TT- Two Mile Time Trial - will give us our paces for other workouts

T- Tempo run, based off a percentage of your VO2 Max(Calculated from your Two Mile Time Trial)

TH- 1000's at VO2 Max Pace(Calculated from your Two Mile Time Trial) 6-7

M - Mile Intervals at VO2 Max Pace(Calculated from your Two Mile Time Trial) M3-three, M4-four

O- 800's at VO2 Max Pace(Calculated from your Two Mile Time Trial) 8

^ - The first day of Summer Camp @6AM

\* - The first day of practice @ 6:00AM

C- Cross Train - Pool or Bike (1 Mile is 8 Minutes)

**Bolded Section is when the season starts. Those days might change in mileage but we need to make sure the total for the week is at that number. We will hopefully be getting in the pool as well or bike to cross train.**