

## 2022 Lassiter Cross Country Summer Training Guide

### One Workout at a Time. One Day at a Time.

This document sets out a summer training schedule for anyone interested in being a part of the Lassiter Cross Country team this fall. I have created four different plans in the pages that follow. It is vital that you challenge yourself as a runner if you are to get better. At the same time, it is always better to under train than to over train. Here are some guidelines for general groups of athletes and which plan I would recommend:

**450-500 Mile Plan:** Returning varsity runners who are rising 11<sup>th</sup> or 12<sup>th</sup> graders, ran at least 400 miles last summer, and have been injury free for at least 6 months. Speak with a coach first about this.

**400-450 Mile Plan:** Returning runners who ran track in the spring, at least 300 miles last year, and are injury free.

**300 Mile Plan:** This is the most common plan. If you have been running already, are a rising 9<sup>th</sup> or 10<sup>th</sup> grader, and are in decent running shape already. This plan is for you. It is the most popular plan to follow.

**Never Run Before:** This is for anyone who has not run before or hasn't run in a long time.

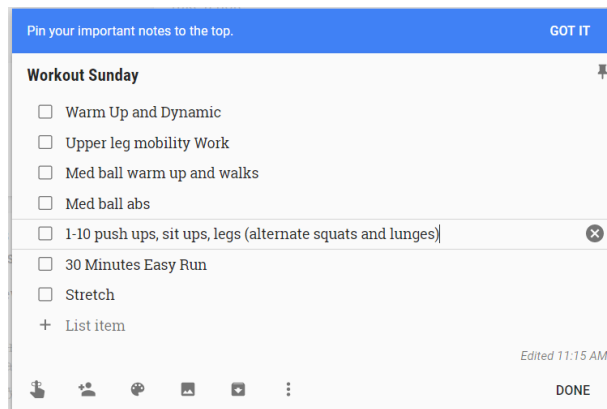
There are definitely people out there who don't fit into any of these groups. If that's you, speak with a coach and we will set something up for you to start with. After a month of steady training you will be ready to fit into one of the other plans. The key is to get started on May 7<sup>th</sup> and work consistently and you will be fine come August.

**All Miles Must Be Logged** on Final Surge to count towards summer training goals. Make an account at [www.finalsurge.com](http://www.finalsurge.com) Once you sign up for the team on the team website, I will send you an invite to join the team group on Final Surge to log your miles. If you keep track of miles through a smart watch or another app like Strava, you can link those to your final surge account to have them automatically transfer in.

**Goal Setting and Goal Achievement:** It is vital that you set goals for yourself to hold you accountable. We will talk about this as the summer gets going. I strongly recommend you talk with a coach about setting goals for yourself this summer. This needs to happen very soon. Set yourself a challenge. Then you need to work on it in small pieces. Trying to do the entire summer perfectly just isn't reasonable. Something will get messed up and you might think you are a total failure just because you didn't do one thing right. For this reason, it is important to achieve your goals one day at a time. Every night take just a moment to set a goal for your next

day that fits into your overall goal. That will give you something you can accomplish each day so you feel like you are moving forward. There is a great line that someone said about the accomplishment large goals. “How do you eat an elephant? One bite at a time.”

**Use Google Keep to set daily Goals:** The Google Keep feature is a great way to set “to do” lists for yourself and keep track of daily goals. It is a free app on Android and iPhones. I recommend you set up your goals for the day using this. It lets you make a list out of anything that can be checked off as you accomplish them. It gives you a very satisfying feeling to look at your list at the end of the day and see that you did everything you wanted to do. Here is the exercise list I made for this coming Sunday so you can see what it looks like.



**Do the Mobility Work. It makes the rest so much easier.** It is vital that you prepare your body the right way before you run. I have created a YouTube Playlist ([link here](#)) that has some great, and short, videos on things you should be doing. Every day should start with a good dynamic warm up and 5-10 minutes of mobility work for injury prevention. This will get you muscles and joints in a good place to run effectively. You should rotate the mobility work to even out the stress on your body. Here is a good weekly rotation to follow. It is referencing the videos on the [YouTube playlist](#). You will need a massage stick ([link here](#)) and a lacrosse ball or two. I have bought a bunch of lacrosse balls for the team so you can use them. You need to do the proper warm and mobility work every day whether you are taking the day off or not from running. This only takes 10 minutes and will really help you feel better.

| Sunday                              | Monday                          | Tuesday                             | Wednesday                       | Thursday                             | Friday                         | Saturday                             |
|-------------------------------------|---------------------------------|-------------------------------------|---------------------------------|--------------------------------------|--------------------------------|--------------------------------------|
| Lower Leg and Feet (videos 2 and 3) | Knees and Hips (videos 4 and 5) | Lower Leg and Hips (videos 2 and 5) | Feet and Knees (videos 3 and 4) | Lower Leg and Knees (videos 2 and 4) | Feet and Hips (videos 3 and 5) | Lower Leg and Knees (videos 2 and 4) |

Once you decide which of the plans to follow, tear that page out and put it somewhere you will pay attention to it. Interestingly enough, the most important things you will do this summer don’t involve running. Getting enough sleep, eating the right kinds of food and making sure you are eating enough to keep you going, and following the strength plan will have a huge impact on your success as a runner. For this purpose, I created a “Grade for the Week” column on the training guide. You can fill out the lifestyle checklist for the week to give yourself a grade

and keep up. It is important that you be honest about this as you move forward. It will help you reflect and see where you need to improve.

Once you have figured all of that out, form training groups of 3-4 with likeminded runners on the team. Chose people who share your goals. This will be your support group as we move through the summer. Check in with each other daily on the social media of your choice and help each other get the work done. If you are having a low motivation day, call someone in your group up to do the workout together. Give yourself a reward for doing the right thing on a tough mental day like a special treat. We will succeed in this as a team.

Okay, enough talk. Let's get to work.

## Lifestyle Checklist

### Creating your Grade for the Week

| Week Of:  | Day          | Points | Day          | Points | Grade Scale  |
|---|--------------|--------|--------------|--------|--|
| <b>Nutrition: Did you eat...</b><br><i>1 Point for each</i> <ul style="list-style-type: none"> <li>• Breakfast?</li> <li>• Post Run Snack?</li> <li>• Lunch?</li> <li>• Snack?</li> <li>• Dinner?</li> <li>• Protein at Every Meal?</li> <li>• Colorful Fruits and Veggies?</li> <li>• Whole Grains not White?</li> <li>• Multi Vitamin?</li> <li>• Calcium Supplements?</li> </ul> | Monday       |        | Monday       |        | <b>A= 92-100</b><br><b>B= 83-91</b><br><b>C= 75-82</b><br><b>D= 70-74</b><br><b>F = &lt;70</b> |
|   | Tuesday      |        | Tuesday      |        |  |
|   | Wednesday    |        | Wednesday    |        |  |
|   | Thursday     |        | Thursday     |        |  |
|   | Friday       |        | Friday       |        |  |
|   | Saturday     |        | Saturday     |        |  |
|   | Sunday       |        | Sunday       |        |  |
| <b>Hydration:</b><br><i>2 Points for every day you stay well hydrated but not too much.</i><br><br>Sip water regularly. When you urinate, it should have some color but not too much, like weak lemonade. Drinking so much that it's clear isn't great either. Sorry, no other good way to judge.   | Monday       |        | Monday       |        |  |
|   | Tuesday      |        | Tuesday      |        |  |
|   | Wednesday    |        | Wednesday    |        |  |
|   | Thursday     |        | Thursday     |        |  |
|   | Friday       |        | Friday       |        |  |
|   | Saturday     |        | Saturday     |        |  |
|   | Sunday       |        | Sunday       |        |  |
| <b>Strength Work:</b><br><i>1 point for each workout</i><br><i>Subtract 1 if you skip a workout</i>   | Weekly Total |        | Weekly Total |        |  |
| <b>Sleep:</b><br>Keep track of your sleep.<br><br><i>1 Point for 7.5 hours in a day</i><br><i>2 Points for 8-8.5</i><br><i>3 Points for 9 or more</i><br><i>Subtract 1 point for 6-7 hours</i><br><i>Subtract 2 for less than 6</i>   | Monday       |        | Monday       |        |  |
|   | Tuesday      |        | Tuesday      |        |  |
|   | Wednesday    |        | Wednesday    |        |  |
|   | Thursday     |        | Thursday     |        |  |
|   | Friday       |        | Friday       |        |  |
|   | Saturday     |        | Saturday     |        |  |
|   | Sunday       |        | Sunday       |        |  |
| <b>Warm Up Before/Mobility Work/ Stretch After?</b><br><i>1 point for doing all with each workout.</i><br><br><i>Subtract 1 point if you skip either</i>  | Monday       |        | Monday       |        |  |
|   | Tuesday      |        | Tuesday      |        |  |
|   | Wednesday    |        | Wednesday    |        |  |
|   | Thursday     |        | Thursday     |        |  |
|   | Friday       |        | Friday       |        |  |
|   | Saturday     |        | Saturday     |        |  |
|   | Sunday       |        | Sunday       |        |  |
| <b>Running Workouts:</b><br>2 points for each Run<br>Subtract 2 if you skip a Run   | Weekly Total |        | Weekly Total |        |  |

## Defining Terms

**DWU: Dynamic Warm Up.** Every workout begins with a 5 minute jog and the Dynamic Warm Up exercises. For an explanation of what they are and the watch a video of Olympic marathoner Dathan Ritzenhein doing the warm up [follow this link](#).

**Mob= Mobility** Lower Leg ([Link](#)), Feet ([Link](#)), Knees ([Link](#)), Hips ([Link](#)) Follow the daily rotation in the table below.

| Sunday                              | Monday                          | Tuesday                             | Wednesday                       | Thursday                             | Friday                         | Saturday                             |
|-------------------------------------|---------------------------------|-------------------------------------|---------------------------------|--------------------------------------|--------------------------------|--------------------------------------|
| Lower Leg and Feet (videos 2 and 3) | Knees and Hips (videos 4 and 5) | Lower Leg and Hips (videos 2 and 5) | Feet and Knees (videos 3 and 4) | Lower Leg and Knees (videos 2 and 4) | Feet and Hips (videos 3 and 5) | Lower Leg and Knees (videos 2 and 4) |

**FAW: Foot and Ankle Workout.** This workout will build your lower legs and feet into a stronger base to move on top of. It is not too stressful and is a great warm up for a run. For a detailed description of the FAW [follow this link](#).

**Lucky 13:** This is a strength workout. [Follow this link](#).

**1-5-1, 1-8-1, 1-10-1:** Alternate push-ups, sit ups, and squats. Start with 1 of each, then 2, then 3, until you get to the top number. The come back down: 9 then 8 then 7, etc. It is very important to have perfect form on all body weight exercises.

**Running Paces:** The numbers almost always mean miles of running i.e. 3-4 Easy. The pace is the important part.

**Easy Pace:** This is real running but not hard. Think about your breathing and stride rate. Easy pace is 3 steps for each breath in and 3 steps for each breath out (3-3 breathing). If you need to breathe more often, you are going too fast. If you can get out whole sentences easily with your running partner, you are going too slowly.

**3/1: i.e. 5-6 3/1.** Take the distance of the run and break into ¼'s. The first ¾'s are easy. The last ¼ you move up to medium/ tempo pace, which is comfortably fast. At the end of that you are switching to 3-2 or 2-2 breathing. You still shouldn't feel any "burn" though. Just good solid work.

**Strides, 200's, and 300's:** These are short fast efforts at the end of a run. Strides are 100m long and are broken into 1/3's. Accelerate for 1/3, middle 1/3 95% of top speed, final 1/3 slow down. 200's @ mile pace are run very fast but under control. 300's at 3200 pace are longer but a little slower. All of these need 3 minute breaks between them. The point is to go fast, not to wear you out.

**Fartlek:** Means "speed play" in Swedish. Start the run with 5 minutes easy running then do the work part i.e. 10x1 minute hard 1 minute easy. 123-321 is 1 hard, 1 easy, 2 hard, 2 easy, 3 hard, 3 easy, 3 hard, 3 easy, 2 hard, 2 easy, 1 hard, finish the run easy.

**Progressive:** Means get progressively faster. A 6 mile run ½ Easy ½ Progressive is 3 miles easy 3 miles steadily moving from easy pace to the last 5 minutes at 5k pace.

**Medium/ Tempo:** Faster than easy pace but just not fast enough to make muscles burn. At the end of a tempo run you should feel like you had 5 more minutes at that pace in you. Like you could keep going but are happy you don't have to.

## Summer Training High Mileage 450-500 Mile Goal

Intended for highly trained and injury free runners.

Do Not Start this Plan without speaking with Coach Freed first.

### Weeks 1-4

| Week of: | Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday | Weekly Goal | Grade For the Week |
|----------|--|---|--|---|---|--|----------|-------------|--------------------|
| 5/8      | DWU, Mob,<br><br>Long 9-10,<br>Stretch,<br>Foam Roll | DWU, Mob<br><br>Easy 3, Stretch,<br>Foam Roll | DWU, Mob,<br>FAW, 3-4<br>Easy, 6 Strides<br>Luck 13                                      | DWU, Mob,<br>FAW, 5-6, 6<br>Strides,<br>1-5-1         | DWU, Mob,<br>Long 7-8,<br>Stretch,<br>Foam Roll | DWU, Mob,<br>FAW, 3-4 Easy,<br>6 Strides<br>Luck 13  | Off      | 34-38       |                    |
| 5/15     | DWU, Mob,<br>Long 10-11,<br>Stretch,<br>Foam Roll    | DWU, Mob,<br>Easy 3, Stretch,<br>Foam Roll    | DWU, Mob,<br>FAW, 4-5<br>Easy, 6<br>Strides, Lucky<br>13                                 | DWU, Mob,<br>FAW, 5-6<br>Easy, 6<br>Strides,<br>1-5-1 | DMU, Mob,<br>Long 8-9,<br>Stretch,<br>Foam Roll | DWU, Mob,<br>FAW, 4-5 Easy,<br>6 Strides, Lucky<br>13  | Off      | 40-44       |                    |
| 5/22     | DWU, Mob,<br>Long 10-11,<br>Stretch,<br>Foam Roll    | DWU, Mob,<br>Easy 3, Stretch,<br>Foam Roll    | DMU, Mob,<br>FAW, 6 <b>3/1</b> ,<br>4x200 @ Mile<br>Pace, Easy 5<br>minutes,<br>Lucky 13 | DWU, Mob,<br>FAW, 6-7,<br>1-5-1                       | DWU, Mob,<br>Long 8-9,<br>Stretch,<br>Foam Roll | DMU, Mob,<br>FAW, 5-6<br>Fartlek 10x<br>1min @ 5k,<br>1min easy, 4x<br>300@ 2 Mile,<br>Easy 5 Minutes,<br>Lucky 13 | Off      | 40-44       |                    |
| 5/29     | DWU, Mob,<br>Long 8-9,<br>Stretch,<br>Foam Roll      | DWU, Mob,<br>Easy 3, Stretch,<br>Foam Roll    | DWU, Mob,<br>FAW, 3-4<br>Easy, 6 Strides<br>Luck 13                                      | DWU, Mob,<br>FAW,<br>5-6,<br>1-5-1                    | DWU, Mob,<br>Long 7-8,<br>Stretch,<br>Foam Roll | DWU, Mob,<br>FAW, 3-4 Easy,<br>6 Strides,<br>Luck 13   | Off      | 34-38       |                    |

## Summer Training High Mileage 450-500 Mile Goal

### Weeks 5-8

| Week of: | Sunday                                   | Monday                               | Tuesday  | Wednesday                                     | Thursday  | Friday                                    | Saturday | Weekly Goal | Grade For the Week |
|----------|--|--------------------------------------|--|---|---|---|----------|-------------|--------------------|
| 6/5      | DMU, Mob, Long 11-12, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6 <b>3/1</b> , 4x200 @ Mile Pace, Easy 5 minutes, Lucky 13          | DMU, Mob, Long 8-9, Stretch, Foam Roll, 1-8-1 | DMU, Mob, FAW, 5-6 Fartlek 10x 1min @ 5k, 1min easy, 4x 300@ 2 Mile, Easy 5 Minutes, Lucky 13 | DMU, Mob, FAW, 4-5 Easy, 6 Strides, 1-8-1 | Off      | 40-44       |                    |
| 6/12     | DMU, Mob, Long 11-12, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6 <b>3/1</b> , 4x200 @ Mile Pace, Easy 5 minutes, Lucky 13          | DMU, Mob, Long 8-9, Stretch, Foam Roll 1-8-1  | DMU, Mob, FAW, 6xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13                              | DMU, Mob, FAW, 4-5 Easy, 6 Strides, 1-8-1 | Off      | 40-44       |                    |
| 6/19     | DMU, Mob, Long 11-12, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6 ½ Easy ½ Progressive, 5x200 @ Mile Pace, Easy 5 minutes, Lucky 13 | DMU, Mob, Long 8-9, Stretch, Foam Roll 1-8-1  | DMU, Mob, FAW, 6-7 Fartlek 123-321 @ 5k, 4x300@ 2 mile, 5min easy, Lucky 13                   | DMU, Mob, FAW, 4-5 Easy, 6 Strides, 1-8-1 | Off      | 40-44       |                    |
| 6/26     | DWU, Mob, Long 8-9, Stretch, Foam Roll   | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, FAW, 6 ½ Easy ½ Progressive, 5x200 @ Mile Pace, Easy 5 minutes, Lucky 13      | DMU, Mob, Long 7-8, Stretch, Foam Roll 1-8-1  | DMU, Mob, FAW, 6xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13                              | DMU, Mob, FAW, 3-4 Easy, 6 Strides 1-8-1  | Off      | 34-38       |                    |

## Summer Training High Mileage 450-500 Mile Goal

### Weeks 9-12

| Week of: | Sunday                                  | Monday                               | Tuesday  | Wednesday                                     | Thursday  | Friday                                | Saturday                          | Weekly Goal | Grade For the Week |
|----------|---|--------------------------------------|--|---|---|---------------------------------------|-----------------------------------|-------------|--------------------|
| 7/3      | DMU, Mob, Long 9-10, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6-7 Miles: 1/2 Mile Easy, 3-4 miles Medium, 1/2 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Mob, Long 8-9, Stretch, Foam Roll 1-10-1 | DMU, Mob, FAW, 5-6 Fartlek 123-321 @ 5k, 4x300@ 2 mile, 5min easy, Lucky 13 | DMU, FAW, 4-5 Easy, 6 Strides, 1-10-1 | Off                               | 40-44       |                    |
| 7/10     | DMU, Mob, Long 9-10, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6-7 Miles: 1/2 Mile Easy, 3-4 miles Medium, 1/2 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Mob, Long 8-9, Stretch, Foam Roll 1-10-1 | DMU, Mob, FAW, 7xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13            | DMU, FAW, 5-6 Easy, 8 Strides, 1-10-1 | DWU, Easy 1-2, Stretch, Foam Roll | 42-46       |                    |
| 7/17     | DMU, Mob, Long 9-10, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6-7 Miles: 1/2 Mile Easy, 3-4 miles Medium, 1/2 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Mob, Long 8-9, Stretch, Foam Roll 1-10-1 | DMU, Mob, FAW, 5-6 Fartlek 6x3 on 3 off, 4x300@ 2 mile, 5min easy, Lucky 13 | DMU, FAW, 5-6 Easy, 8 Strides, 1-10-1 | DWU, Easy 1-2, Stretch, Foam Roll | 42-46       |                    |
| 7/24     | DMU, Mob, Long 7-8, Stretch, Foam Roll  | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 6-7 Miles: 1/2 Mile Easy, 3-4 miles Medium, 1/2 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Mob, Long 7-8, Stretch, Foam Roll 1-10-1 | DMU, Mob, FAW, 7xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13            | DMU, FAW, 4-5 Easy, 6 Strides, 1-10-1 | Off                               | 36-40       |                    |



## Summer Training 400-450 Mile Goal

Designed for those who ran both XC and Track in 2016-17

### Weeks 1-4

| Week of: | Sunday                                 | Monday                               | Tuesday                                      | Wednesday                                | Thursday   | Friday                                   | Saturday | Weekly Goal | Grade For the Week |
|----------|--|--------------------------------------|--|--|--|--|----------|-------------|--------------------|
| 5/8      | DMU, Mob, Long 6-7, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 3-4 Easy, 6 Strides Lucky 13  | DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1 | DMU, Mob, Long 5-6, Stretch, Lucky 13, Foam Roll | DMU, Mob, FAW, 3-4 Easy, 6 Strides 1-5-1 | Off      | 28-32       |                    |
| 5/15     | DMU, Mob, Long 7-8, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 Easy, 6 Strides, Lucky 13 | DMU, Mob, FAW, 5-6, 6 Strides 1-5-1      | DMU, Mob, Long 6-7, Stretch, Lucky 13, Foam Roll | DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1 | Off      | 34-38       |                    |
| 5/22     | DMU, Mob, Long 7-8, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 Easy, 6 Strides, Lucky 13 | DMU, Mob, FAW, 5-6, 6 Strides 1-5-1      | DMU, Mob, Long 6-7, Stretch, Lucky 13, Foam Roll | DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1 | Off      | 34-38       |                    |
| 5/29     | DMU, Mob, Long 6-7, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 3-4 Easy, 6 Strides Lucky 13  | DMU, Mob, FAW, 4-5 Easy, 6 Strides 1-5-1 | DMU, Mob, Long 5-6, Stretch, Lucky 13, Foam Roll | DMU, Mob, FAW, 3-4 Easy, 6 Strides 1-5-1 | Off      | 28-32       |                    |

## Summer Training 400-450 Mile Goal

### Weeks 5-8

| Week of: | Sunday                                 | Monday                               | Tuesday  | Wednesday                                     | Thursday  | Friday   | Saturday | Weekly Goal | Grade For the Week |
|----------|--|--------------------------------------|--|---|---|--|----------|-------------|--------------------|
| 6/5      | DMU, Mob, Long 7-8, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 <b>3/1</b> , 4x200 @ Mile Pace, Easy 5 minutes, Lucky 13                      | DMU, Mob, Long 6-7, Stretch, 1-8-1, Foam Roll | DMU, Mob, FAW, 5-6 Fartlek 10x 1min @ 5k, 1min easy, 4x 300@ 2 Mile, Easy 5 Minutes, Lucky 13 | DWU, Mob, FAW, Easy 3-4, 1-8-1, Stretch, Foam Roll | Off      | 34-38       |                    |
| 6/12     | DMU, Mob, Long 8-9, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 <b>3/1</b> , 4x200 @ Mile Pace, Easy 5 minutes, Lucky 13                      | DMU, Mob, Long 6-7, Stretch, 1-8-1 Foam Roll  | DMU, Mob, FAW, 6xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13                              | DWU, Mob, FAW, Easy 5-6, 1-8-1, Stretch, Foam Roll | Off      | 36-40       |                    |
| 6/19     | DMU, Mob, Long 8-9, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 Miles: 1/2 Mile Easy, 3-4 miles Medium, 1/2 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Mob, Long 6-7, Stretch, 1-8-1, Foam Roll | DMU, Mob, FAW, 5-6 Fartlek 123-321 @ 5k, 4x300@ 2 mile, 5min easy, Lucky 13                   | DWU, Mob, FAW, Easy 5-6, 1-8-1 Stretch, Foam Roll  | Off      | 36-40       |                    |
| 6/26     | DMU, Mob, Long 7-8, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 <b>3/1</b> , 4x200 @ Mile Pace, Easy 5 minutes, Lucky 13                      | DMU, Mob, Long 5-6, Stretch, 1-8-1, Foam Roll | DMU, Mob, FAW, 6xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13                              | DWU, Mob, FAW, Easy 3-4, 1-8-1 Stretch, Foam Roll  | Off      | 30-34       |                    |

## Summer Training 400-450 Mile Goal

### Weeks 9-12

| Week of: | Sunday                                  | Monday                               | Tuesday  | Wednesday                                 | Thursday   | Friday                                | Saturday | Weekly Goal | Grade For the Week |
|----------|---|--------------------------------------|--|---|--|---------------------------------------|----------|-------------|--------------------|
| 7/3      | DMU, Mob, Long 8-9, Stretch, Foam Roll  | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 Miles: 1/2 Mile Easy, 2-3 miles Medium, 1 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Long 6-7, Stretch, 1-10-1, Foam Roll | DMU, FAW, 4-5 Fartlek 123-321 @ 5k, 4x300@ 2 mile, 5min easy, Lucky 13 | DMU, FAW, Easy 5-6, 8 Strides, 1-10-1 | Off      | 36-40       |                    |
| 7/10     | DMU, Mob, Long 9-10, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DWU, Mob, FAW, 4-5 Miles: 1/2 Mile Easy, 2-3 miles Medium, 1 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Long 6-7, Stretch, 1-10-1, Foam Roll | DMU, Mob, FAW, 7xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13       | DMU, FAW, Easy 5-6, 8 Strides, 1-10-1 | Off      | 38-42       |                    |
| 7/17     | DMU, Mob, Long 9-10, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 Miles: 1/2 Mile Easy, 2-3 miles Medium, 1 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Long 6-7, Stretch, 1-10-1, Foam Roll | DMU, FAW, 5-6 Fartlek 6x3 on 3 off, 4x300@ 2 mile, 5min easy, Lucky 13 | DMU, FAW, Easy 5-6, 8 Strides, 1-10-1 | Off      | 38-42       |                    |
| 7/24     | DMU, Mob, Long 7-8, Stretch, Foam Roll  | DWU, Mob, Easy 3, Stretch, Foam Roll | DMU, Mob, FAW, 4-5 Miles: 1/2 Mile Easy, 2-3 miles Medium, 1 mile easy, 5x200 @ Mile, Lucky 13 | DMU, Long 5-6, Stretch, 1-10-1, Foam Roll | DMU, Mob, FAW, 7xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13       | DMU, FAW, Easy 5-6, 8 Strides, 1-10-1 | Off      | 32-36       |                    |

## Summer Training 300 Mile Goal

New Runners with Running Experience

Weeks 1-4

| Week of: | Sunday                               | Monday                                 | Tuesday                                   | Wednesday | Thursday                        | Friday                                 | Saturday | Weekly Goal | Grade For the Week |
|----------|--------------------------------------|--|---|-----------|---------------------------------|--|----------|-------------|--------------------|
| 5/8      | DMU, Mob, Long 5, Stretch, Foam Roll | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | DMU, Mob, FAW, 3 Easy, 6 Strides Lucky 13 | Off       | DMU, Mob, FAW, Easy 5, Lucky 13 | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | Off      | 22          |                    |
| 5/15     | DMU, Mob, Long 5, Stretch, Foam Roll | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | DMU, Mob, FAW, 3 Easy, 6 Strides Lucky 13 | Off       | DMU, Mob, FAW, Easy 5, Lucky 13 | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | Off      | 22          |                    |
| 5/22     | DMU, Mob, Long 6, Stretch, Foam Roll | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | DMU, Mob, FAW, 3 Easy, 6 Strides Lucky 13 | Off       | DMU, Mob, FAW, Easy 5, Lucky 13 | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | Off      | 24          |                    |
| 5/29     | DMU, Mob, Long 5, Stretch, Foam Roll | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | DMU, Mob, FAW, 3 Easy, 6 Strides Lucky 13 | Off       | DMU, Mob, FAW, Easy 5, Lucky 13 | DMU, Mob, FAW, 3 Easy, 6 Strides 1-5-1 | Off      | 22          |                    |

## Summer Training 300 Mile Goal

Weeks 5-8

| Week of: | Sunday                               | Monday   | Tuesday   | Wednesday                    | Thursday  | Friday                                    | Saturday | Weekly Goal | Grade For the Week |
|----------|--------------------------------------|--|---|------------------------------|---|---|----------|-------------|--------------------|
| 6/5      | DMU, Mob, Long 6, Stretch, Foam Roll | DMU, Mob, FAW, 3 Miles: 1 Easy, 1 Medium, 1 Easy, 6 Strides<br>1-8-1 | DWU, Mob, FAW, Easy 5, Lucky 13                   | Off                          | DMU, Mob, FAW, 4 Miles: ½ Easy, 10x 1 min @ 5k, 1 min easy, ½ easy, 6 Strides<br>Lucky 13 | DMU, Mob, FAW, 3 Easy, 6 Strides<br>1-8-1 | Off      | 24          |                    |
| 6/12     | DMU, Mob, Long 6, Stretch, Foam Roll | DMU, Mob, FAW, 3 Miles: 1 Easy, 1 Medium, 1 Easy, 6 Strides<br>1-8-1 | DWU, Mob, FAW, Easy 5, Lucky 13                   | Off                          | DMU, Mob, FAW, 4-5xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13                        | DMU, Mob, FAW, Easy 4, 6 Strides<br>1-8-1 | Off      | 25          |                    |
| 6/19     | DMU, Mob, Long 6, Stretch, Foam Roll | DMU, Mob, FAW, 4 Miles <b>3/1</b> , 4x200 @ Mile, 5 min easy, 1-8-1  | DMU, Mob, Easy 3, Lucky 13, Stretch and Foam Roll | DMU, FAW, Easy 5, GSW and HS | DMU, Mob, FAW, 4 Miles Fartlek 123-321 @ 5k, 4x300@ 2 mile, 5min easy, GSW and HS         | DMU, Mob, FAW, Easy 4, 6 Strides<br>1-8-1 | Off      | 28          |                    |
| 6/26     | DMU, Mob, Long 6, Stretch, Foam Roll | DMU, Mob, FAW, 3 Miles: 1 Easy, 1 Medium, 1 Easy, 6 Strides<br>1-8-1 | Off   | DMU, FAW, Easy 5, GSW and HS | DMU, Mob, FAW, 4-5xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13                        | DMU, Mob, FAW, 3 Easy, 6 Strides<br>1-8-1 | Off      | 24          |                    |

## Summer Training 300 Mile Goal

### Weeks 9-12

| Week of: | Sunday                               | Monday                                  | Tuesday  | Wednesday                     | Thursday  | Friday                                  | Saturday | Weekly Goal | Grade For the Week |
|----------|--------------------------------------|---|--|-------------------------------|---|---|----------|-------------|--------------------|
| 7/3      | DMU, Mob, Long 6, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch and Foam Roll | DWU, Mob, FAW, 4 Miles: 1 Easy, 2 Medium, 1 Easy, 4x 200 @ Mile, Luck 13 | DWU, Mob, FAW, Easy 5, 1-10-1 | DMU, Mob, FAW, 4 Miles Fartlek 123-321 @ 5k, 4x300@ 2 mile, 5min easy, Lucky 13 | DMU, Mob, FAW, Easy 3, 6 Strides 1-10-1 | Off      | 28          |                    |
| 7/10     | DMU, Mob, Long 7, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch and Foam Roll | DWU, Mob, FAW, 5 Miles: 1 Easy, 3 Medium, 1 Easy, 4x 200 @ Mile, Luck 13 | DWU, Mob, FAW, Easy 5, 1-10-1 | DMU, Mob, FAW, 6-7xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13              | DMU, Mob, FAW, Easy 3, 6 Strides 1-10-1 | Off      | 30          |                    |
| 7/17     | DMU, Mob, Long 7, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch and Foam Roll | DWU, Mob, FAW, 5 Miles: 1 Easy, 3 Medium, 1 Easy, 4x 200 @ Mile, Luck 13 | DWU, Mob, FAW, Easy 5, 1-10-1 | DMU, Mob, FAW, 5-6 Fartlek 6x3 on 3 off, 4x300@ 2 mile, 5min easy, Lucky 13     | DMU, Mob, FAW, Easy 3, 6 Strides 1-10-1 | Off      | 30          |                    |
| 7/24     | DMU, Mob, Long 6, Stretch, Foam Roll | DWU, Mob, Easy 3, Stretch and Foam Roll | DWU, Mob, FAW, 4 Miles: 1 Easy, 2 Medium, 1 Easy, 4x 200 @ Mile, Luck 13 | DWU, Mob, FAW, Easy 5, 1-10-1 | DMU, Mob, FAW, 6-7xHills in Arbor Bridge, 4x 300@ 2 Mile, Lucky 13              | DMU, Mob, FAW, Easy 3, 6 Strides 1-10-1 | Off      | 25          |                    |

## Summer Training: Never Run Before

### Weeks 1-4

| Week of: | Sunday   | Monday                              | Tuesday   | Wednesday                                     | Thursday   | Friday                                    | Saturday | Weekly Goal                                 | Grade For the Week |
|----------|--|-------------------------------------|---|---|--|---|----------|---|--------------------|
| 5/8      | DMU, Mob, FAW, 5x 3min Run, 3 min Walk, Stretch, Foam Roll | Mob, Cross Train: 45 minutes Cardio | DMU, Mob, FAW, 5x 3min Run, 3 min Walk, Lucky 13 Stretch, Foam Roll | DMU, Mob, FAW, 5x 3min Run, 3 min Walk, 1-5-1 | DMU, Mob, FAW, 5x 3min Run, 3 min Walk, Lucky 13 | Mob, Cross Train: 45 minutes Cardio 1-5-1 | Off      | 60 Minutes Running Plus 90 Cross Training   |                    |
| 5/15     | DMU, Mob, FAW, 5x 4min Run, 2 min Walk, GSW and HS         | Mob, Cross Train: 45 minutes Cardio | DMU, Mob, FAW, 5x 4min Run, 2 min Walk, Lucky 13                    | DMU, FAW, 4x 6min Run, 2 min Walk, 1-5-1      | DMU, FAW, 4x 6min Run, 2 min Walk, Lucky 13      | Mob, Cross Train: 45 minutes Cardio 1-5-1 | Off      | 88 Minutes Running Plus 90 Cross Training   |                    |
| 5/22     | DMU, Mob, FAW, 3x 8min Run, 2 min Walk, GSW and HS         | Cross Train: Mob, 50 minutes Cardio | DMU, FAW, 3x 8min Run, 2 min Walk, Lucky 13                         | DMU, FAW, 4x 8min Run, 1 min Walk, 1-5-1      | DMU, FAW, 4x 8min Run, 1 min Walk, Lucky 13      | Cross Train: Mob, 50 minutes Cardio       | Off      | 112 Minutes Running Plus 100 Cross Training |                    |
| 5/29     | DMU, Mob, FAW, 3x 10min Run, 1 min Walk, GSW and HS        | Cross Train: Mob, 50 minutes Cardio | DMU, FAW, 3x 10min Run, 1 min Walk, Lucky 13                        | DMU, FAW, 3 Miles Easy, 1-5-1                 | DMU, FAW, 4x 8min Run, 1 min Walk, Lucky 13      | Cross Train: Mob, 50 minutes Cardio       | Off      | 92+3 Mi. Running Plus 100 Cross Training    |                    |

## Summer Training: Never Run Before

### Weeks 5-8

| Week of: | Sunday   | Monday | Tuesday                                   | Wednesday                          | Thursday                                  | Friday                              | Saturday | Weekly Goal                             | Grade For the Week |
|----------|--|--------|---|------------------------------------|---|-------------------------------------|----------|---|--------------------|
| 6/5      | DMU, Mob, FAW, 3 Miles Easy, Stretch and Foam Roll | Off    | DWU, Mob, FAW, 3 Miles Easy, GS, Lucky 13 | DMU, Mob, FAW, 3 Miles Easy, 1-8-1 | DWU, Mob, FAW, 3 Miles Easy, GS, Lucky 13 | Mob, Cross Train: 50 minutes Cardio | Off      | 12 Miles Running Plus 50 Cross Training |                    |
| 6/12     | DMU, FAW, 3 Miles Easy, GSW and HS                 | Off    | DWU, Mob, FAW, 3 Miles Easy, GS, Lucky 13 | DMU, Mob, FAW, 4 Miles Easy, 1-8-1 | DWU, Mob, FAW, 3 Miles Easy, GS, Lucky 13 | Mob, Cross Train: 55 minutes Cardio | Off      | 14 Miles Running Plus 55 Cross Training |                    |
| 6/19     | DMU, FAW, 3 Miles Easy, GSW and HS                 | Off    | DWU, Mob, FAW, 4 Miles Easy, Lucky 13     | DMU, Mob, FAW, 4 Miles Easy, 1-8-1 | DWU, Mob, FAW, 3 Miles Easy, GS, Lucky 13 | Mob, Cross Train: 55 minutes Cardio | Off      | 16 Miles Running Plus 55 Cross Training |                    |
| 6/26     | DMU, FAW, 3 Miles Easy, GSW and HS                 | Off    | DWU, Mob, FAW, 4 Miles Easy, Lucky 13     | DMU, Mob, FAW, 3 Miles Easy, 1-8-1 | DWU, Mob, FAW, 3 Miles Easy, GS, Lucky 13 | Mob, Cross Train: 50 minutes Cardio | Off      | 12 Miles Running Plus 50 Cross Training |                    |



## Summer Training: Never Run Before

### Weeks 9-12

| Week of: | Sunday  | Monday | Tuesday  | Wednesday                                  | Thursday                                   | Friday                              | Saturday | Weekly Goal                             | Grade For the Week |
|----------|---|--------|--|--|--|-------------------------------------|----------|---|--------------------|
| 7/3      | DMU, Mob, FAW, 4 Miles<br>Easy, Stretch and Foam Roll | Off    | DWU, Mob, FAW, 3 Miles: 1 mile easy, 1 mile Medium, 1 mile Easy, 6 Strides, Lucky 13 | DMU, Mob, FAW, 4 Miles<br>Easy, 6, 1-10-10 | DMU, Mob, FAW, 4 Miles<br>Easy, Lucky 13   | Mob, Cross Train: 60 minutes Cardio | Off      | 18 Miles Running Plus 60 Cross Training |                    |
| 7/10     | DMU, Mob, FAW, 5 Miles<br>Easy, Stretch and Foam Roll | Off    | DWU, Mob, FAW, 3 Miles: 1 mile easy, 1 mile Medium, 1 mile Easy, 6 Strides, Lucky 13 | DMU, Mob, FAW, 4 Miles<br>Easy, 6, 1-10-10 | DMU, Mob, FAW, 4 Miles<br>Easy, Lucky 13   | Mob, Cross Train: 60 minutes Cardio | Off      | 19 Miles Running Plus 60 Cross Training |                    |
| 7/17     | DMU, Mob, FAW, 5 Miles<br>Easy, Stretch and Foam Roll | Off    | DWU, Mob, FAW, 3 Miles: 1 mile easy, 1 mile Medium, 1 mile Easy, 6 Strides, Lucky 13 | DMU, Mob, FAW, 4 Miles<br>Easy, 6, 1-10-10 | DMU, Mob, FAW, 4 Miles<br>Easy, Lucky 13   | Mob, Cross Train: 60 minutes Cardio | Off      | 19 Miles Running Plus 60 Cross Training |                    |
| 7/24     | DMU, Mob, FAW, 5 Miles<br>Easy, Stretch and Foam Roll | Off    | DWU, Mob, FAW, 3 Miles: 1 mile easy, 1 mile Medium, 1 mile Easy, 6 Strides, Lucky 13 | DMU, Mob, FAW, 4 Miles<br>Easy, 6, 1-10-10 | DMU, Mob, FAW, 4 Miles<br>Easy 6, Lucky 13 | Mob, Cross Train: 60 minutes Cardio | Off      | 16 Miles Running Plus 60 Cross Training |                    |