

Summer Training for Beginning Runners

The following training schedule is for new runners who are starting training. Some individuals will do more, some less. Some type of summer training is recommended in order to make the beginning of the season enjoyable and injury-free. Please start any runs with AT LEAST a short warm-up and 5-10 minutes of stretching. In order to calculate your mileage, use one of the following sites:

<http://www.gmap-pedometer.com/> or <http://www.usatf.org/routes/>. Either of these will allow you to insert points, calculate mileage, and save routes. Again in general terms, beginning runners should be running 20 - 30 miles a week depending on ability level. If you have a question of how many miles you should be doing, contact me immediately.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weeks 1 & 2	Cross Train	30 Min. Run	Cross Train	20 – 30 Min. Run	Cross Train	30 Min. Run	Off
Weeks 3 & 4	20 Min. Run	30 Min. Run	Cross Train	30 Min. Run + Strides	20 Min. Run	30 Min. Run + Strides	Off
Weeks 5 & 6	20 Min. Run	40 Min. Run + Strides	Cross Train	30 Min. Run + Strides	20 Min. Run	30 Min. Run + Strides	Off
Weeks 7 - 9	25 Min. Run	45 Min. Run + Strides	Cross Train	35 Min. Run + Strides	25 Min. Run	35 Min. Run + Strides	Off
Aug 23 - 27	50 Min. Run	**1 st Day – 9am Practice**	9am Practice	9am Practice	9am Practice	**9am practice – 1 mile Time Trial**	Off

Cross Training can include any of the following activities:

- AT LEAST 30 minutes of biking
- AT LEAST 20 minutes of swimming
- Weight Lifting
- Other sports activities

GENERAL CONDITIONING: You should start a training program of AT LEAST push ups and crunches EVERYDAY. Lifting is also a good idea and there are hours in the summer during which the school gym is accessible. Please see me for lifting exercises.

The team will be conducting optional summer training practices every Monday, Wednesday, and Friday starting at 6pm on June 21st. The sessions will be held at West Deptford Park with the team meeting by the snack stand. There will also be Tuesday sessions meeting at the high school from 6pm – 8pm. You are strongly urged to attend as many sessions as possible to meet the team and get in shape. For more information contact Coach Drummond (856)625-5452 or drummar16@yahoo.com, Sr. Captain Ian Pass (609)617-5451 or Jr. Captain Phillip Palmer (609)471-1807.

