

Summer Training for Returning Runners - Advanced

In general, most runs should be done between 6:30/mile and 7:30/mile pace. Some runners will run faster some days, some slower. 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.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	60 Min. Run	45 Min. Run	35 Min. Run	15 min. w/u - 5x1000m @ T Pace – 15 min. c/d	35 Min. Run	45 Min. Run + Strides	Off
Week 2	65 Min. Run	45 Min. Run	40 Min. Run	15 min. w/u – 20 min. Tempo Run – 15 min. c/d	40 Min. Run	45 Min. Run + Strides	Off
Week 3	60 Min. Run	45 Min. Run	40 Min. Run	15 min. w/u - 5x1000m @ T Pace – 15 min. c/d	40 Min. Run	40 Min. Run + Strides	Off
Week 4	70 Min. Run	50 Min. Run	40 Min. Run	15 min. w/u – 20 min. Tempo Run – 15 min. c/d	40 Min. Run	45 Min. Run + Strides	Off
Week 5	70 Min. Run	55 Min. Run	45 Min. Run	60 Min. Run ***See workout 1 below***	45 Min. Run	55 Min. Run + Strides	Off
Week 6	75 Min. Run	55 Min. Run	50 Min. Run	60 Min. Run ***See Workout 2 below***	50 Min. Run	55 Min. Run + Strides	Off
Week 7	75 Min. Run	45 Min. Run	40 Min. Run	60 Min. Run ***See workout 1 below***	45 Min. Run	50 Min. Run + Strides	Off
Week 8	80 Min. Run	55 Min. Run or 20 Min. Run (Campers)	CAMP or 50 Min. Run	CAMP or 60 Min. Run ***See Workout 2 below***	CAMP or 55 Min. Run	CAMP or 60 Min. Run	CAMP or Off
Week 9	CAMP or 75 Min. Run	55 Min. Run	**1 st Day – 9am Practice**	9am Practice	9am Practice	**9am practice – 1 mile Time Trial**	Off
Week 10	75 Min. Run	9am Practice	9am Practice	9am Practice	9am Practice	**9am practice – 2 mile Time Trial**	Off

***** Workout 1: 20 Min. at normal run pace, 20 Min. with the following: 2 Min. Hard, 3 Min. Easy; 3 Min. Hard, 2 Min. Easy; 4 Min. Hard, 1 Min. Easy; 2 Min. Hard, 3 Min. Easy; finish with 20 Min. at regular pace*****

***** Workout 2: 20 Min. at normal run pace, 20 Min. with the following: 2 sets of (30 sec. H/30 Sec. E, 45 Sec. H/45 Sec. E, 1 Min. H/1 Min. E, 45 Sec. H/45 Sec. E, 30 Sec. H/30 Sec. E) with a 6 min. steady pace in between; finish with 20 Min. at regular pace*****