

Summer Training for Returning Runners

As a returning runner, you should have some idea of what training is expected of you in the summer in order to be fully prepared for the season. The schedule below is a suggested framework, some runners will do more mileage. Speak with me first before deciding to add mileage! Depending on ability, you will be running different mileage due to pace differences. 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. Again in general terms, returning runners should be running 30 – 60 miles a week depending on ability level. If you have a question of how many miles you should be doing or if your mileage is lower than 30, contact me immediately @ 856-625-5452 or drummar16@yahoo.com.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	30 Min. Run	50 Min. Run	35 Min. Run	40 Min. Run	35 Min. Run	40 Min. Run	Off
Week 2	50 Min. Run	40 Min. Run	35 Min. Run	40 Min. Run + Strides	35 Min. Run	40 Min. Run + Strides	Off
Week 3	40 Min. Run	55 Min. Run	35 Min. Run	Workout 1	35 Min. Run	45 Min. Run + Strides	Off
Week 4	50 Min. Run	40 Min. Run	30 Min. Run	Workout 2	30 Min. Run	45 Min. Run + Strides	Off
Week 5	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 6	65 Min. Run	45 Min. Run	40 Min. Run	Workout 1	40 Min. Run	45 Min. Run + Strides	Off
Week 7	60 Min. Run	45 Min. Run	40 Min. Run	Workout 2	40 Min. Run	40 Min. Run + Strides	Off
Week 8	70 Min. Run	50 Min. Run or 20 Min. Run (Campers)	CAMP or 40 Min. Run	CAMP or repeat Aug. 1st	CAMP or 40 Min. Run	CAMP or 45 Min. Run	CAMP or Off
Week 9	CAMP or 75 Min. Run	50 Min. Run	**1 st Day – 9am Practice**	9am Practice	9am Practice	**9am practice – 1 mile Time Trial**	Off
Week 10	65 Min. Run	9am Practice	9am Practice	9am Practice	9am Practice	**9am practice – 2 mile Time Trial**	Off

***** Workout 1 - 15 Min. at normal run pace, 15 Min. with the following: 1 Min. Hard, 2 Min. Easy; 2 Min. Hard, 2 Min. Easy; 3 Min. Hard, 1 Min. Easy; 2 Min. Hard, 2 Min. Easy; finish with 15 Min. at regular pace*****

***** Workout 2 - 15 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 15 Min. at regular pace*****