

Summer Training Guide

This is just a guide; however you are highly encouraged to follow a training plan of some sort that involves running as we will be running 5-6 days per week when the season gets underway. You're free to play around with workouts on your own and we encourage you to check out some new places to run! Summer training not only prepares you for the season, but will also help prevent injuries once the season begins! When we start meeting for practices, we start as a continuation of summer training, not as if that's your first day running. Hold yourself to a higher standard so we can continue being a competitive force as Knights are known to be! Feel free to reach out to Coach Grosh or Coach Mead with any questions you may have. Pro Tip: Run in the morning to avoid the afternoon heat!

Key:

A: Experienced runners (Jr & Sr). **B:** Sophomores and Juniors who have run a few seasons. **C:** Incoming freshman or anyone who hasn't run in 6 or more months.

Threshold: this is a pace that is supposed to feel "comfortably hard" which means it should definitely be difficult and your breathing will be heavy, but you shouldn't have to stop or significantly slow down to keep going.

Progression run: Start your run at an easy pace and gradually increase your pace through the run so that the last 5 min you're running fairly hard (not sprinting).

June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 A & B – 30 min C – 20 min	2 A & B 30-35min	3 A & B – 30 min C – 20 min	4	5 A – 35 min B – 30 min C – 20 min	6 Long Run A & B 45 – 50 min
7	8 A – 35 min B – 30 min C – 20 min	9 A & B 30 – 35 min	10 A – 40 min B – 30 min C – 20 min	11	12 A – 35 min B – 30 min C – 25 - 30 min	13 Long Run A & B 50 – 60 min
14	15 A – 35 min B – 30 min C – 25 min	16 A & B 30 – 35 min 8 x 20 sec striders	17 A – 40 min B – 30 min C – 20 min	18 A – 30 min	19 A - 40 B - 30 C – 20 8 x 20 sec striders	20 Long Run A & B - 60 min C – 30 min
21	22 A – 40 min B – 35 min C – 25 min	23 A & B 35 – 40 min 8 x 20 sec striders	24 15 min jog 8-10 fast reps uphill 20-30 sec each 3-4 min rest 5 – 15 min jog	25 A – 30 min	26 A - 40 B - 30 C – 20 8 x 20 sec striders	27 Long Run A & B - 60 min C – 35 min

July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	A – 40 min B – 30 min C – 25 min	A & B 35 – 40 min 8 x 20 sec striders	1 Progression Run A & B – 40 – 45 min C – 30 – 35 min	2 A & B – 30 - 35 min	3 A - 40 B - 30 C – 25 8 x 20 sec striders	4 Long Run A & B 60 - 70 min C – 40 min
5	6 A – 40 min B – 30 min C – 25 min	7 A & B 35 – 40 min 8 x 20 sec striders	8 Threshold Run (“T”) 10 – 15 min warmup 10 – 20 min @ T pace 10 – 15 min cooldown	9 A & B – 30 - 35 min	10 A - 40 B - 30 C – 25 8 x 20 sec striders	11 Long Run A & B 60 - 65 min C – 40 min
12	13 A – 45 min B – 35 min C – 30 min	14 A & B 35 – 40 min 8 x 20 sec striders	15 Fartlek 10 min easy 4 – 6 x 2 min hard, 1 min easy 10 – 15 min easy	16 A & B – 35 - 40 min	17 A - 40 B - 30 C – 25 8 x 20 sec striders	18 Long Run A & B 65 - 70 min C – 45 min
19	20 A – 45 min B – 35 min C – 30 min	21 A & B 35 – 40 min 8 x 20 sec striders	22 15 min jog 8-10 fast reps uphill 20-30 sec each 3-4 min rest 5 – 15 min jog	23 A & B – 35 - 40 min	24 A - 40 B - 30 C – 30 8 x 20 sec striders	25 Long Run A & B 65 - 70 min C – 45 min
26	27 A – 45 min B – 35 min C – 30 min	28 A & B 35 – 40 min C – 30 min 8 x 20 sec striders	29 Threshold Run (“T”) 10 – 15 min warmup 15 – 25 min @ T pace 10 – 15 min cooldown	30 A & B – 35 - 40 min	31 A - 40 B - 30 C – 30 8 x 20 sec striders	Long Run A & B 60 min C – 40 min

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 A – 45 min B – 35 min C – 30 min	4 A & B 35 – 40 min C – 30 min 8 x 20 sec striders	5 Fartlek 10 min easy 2 – 4 x 3 min hard, 2 min easy 4 – 6 x 1 min hard, 1 min easy 10 – 15 min easy	6 A & B – 35 - 40 min	7 A - 40 B - 30 C – 20 8 x 20 sec striders	8 Long Run A & B 65 - 75 min C – 50 min
9	10 A – 45 min B – 35 min C – 30 min	11 A & B 35 – 40 min C – 30 min 8 x 20 sec striders	12 First Day of Practice!	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		