

SUMMER TRAINING PROGRAM (Beginners)

We will do our workouts and drills/strides at practice. Once a week, do a **long run** (about 20% of weekly mileage). On your own, you should be working on endurance training (long/easy runs). These “easy” miles are intended to increase endurance, help prepare your muscles and joints for harder training, and help you recover from our more difficult workouts. These **easy runs** need to be run at a relatively easy, comfortable pace. Often considered a pace at which you could carry on a conversation: conversational pace. This pace can be identified several ways:

1. Approximately 2:00 slower per mile than 5k race pace
2. 70-75% of HR Max (maximum heart rate – get a heart monitor to help with this!)
3. An effort that feels easy/conversational

Tempo runs should be harder than easy runs, or “comfortably hard”. The proper pace for tempo runs is:

1. Approximately 1:00 slower per mile than 5k race pace
2. 80-85% percent of HR Max
3. An effort that feels “comfortably hard”

Fartleks are interval type workouts where you alternate hard (up tempo) and easy running for a specified distance. The “up tempo” portions should be at approximately 5k race pace (slightly harder than tempo run pace) with the easy parts being at the conversational pace detailed above.

Begin a tempo/fartlek workout with a good warm-up of easy running and some light strides. Follow the tempo run with a cool-down, which should include some strides (four or five 20- to 40-second runs at about mile race pace). You'll be surprised how good you feel!

***NOTE:** This is a flexible schedule for each week. If necessary, you can move your runs (tempo, long runs, day off, etc.) to different days than those listed below. However, **be sure that you complete each workout for that week** and be sure that you don't do 2 hard days in a row.

***NOTE:** This is also a basic schedule. The miles listed below and those listed on the mileage logs are starting points. This may or may not get you to the lettering standards as listed in the information packet. You may run more than what is listed or move on to the JV or Top 20 program. If you plan to exceed the mileage listed below, please let Coach Carter know.

Remember! Arrange to meet your teammates for easy runs away from practice. If we work together as a team, we will succeed as a team.

WEEK 1 - M, W, TH, F – 2-3 miles
(13 miles) SU (Long Run) – 3 miles
TU, SA – Off

WEEK 2 - M – 2-3 miles w/ Drills & Strides
(15 miles) TU thru TH – 2-3 miles
F – 2-3 miles w/ 1 mile tempo
SU (Long Run) – 3 miles
SA – Off

WEEK 3 - M – 2-3 miles w/ Drills & Strides
(13 miles) W, TH – 2-3 miles
F – 2-3 miles w/ 2 mile tempo
SU (Long Run) – 3-4 miles
TU, SA – Off

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- WEEK 4 -** M – 2-3 miles w/ Drills & Strides
(15 miles) TU thru TH – 2-3 miles
F – 2-3 miles (2 MILE MYRTLE BEACH TIME TRIAL)
SU (Long Run) – 3-4 miles
SA – Off
- WEEK 5 -** M, W – 2-3 miles w/ Drills & Strides
(18 miles) TU, TH – 3 miles
F – 3 miles w/ 2 mile fartlek (2 minutes hard / 1 minute jog)
SU (Long Run) – 4 miles
SA – Off
- WEEK 6 -** M, W – 2-3 miles w/ Drill & Strides
(13 miles) TH – 2-3 miles
F – 2-3 miles w/ 2 mile tempo
SU (Long Run) – 3-4 miles
TU, SA – Off
- WEEK 7 -** M, W – 2-3 miles w/ Drills & Strides
(18 miles) TU, TH – 3 miles
F – 3 miles w/ 3 mile fartlek (3 minutes hard / 2 minutes jog)
SU (Long Run) – 4 miles
SA – Off
- WEEK 8 -** M, W – 3 miles w/ Drills & Strides
(20 miles) TU, TH, SA – 3 miles
F – 3 miles w/ 2 mile tempo
SU (Long Run) – 4 miles
- WEEK 9 -** M, W – 2-3 miles w/ Drills & Strides
(18 miles) TU, TH – 3 miles
F – 3 miles w/ 3 mile tempo
SU (Long Run) – 4 miles
SA – Off
- WEEK 10 -** M, W – 3-4 miles w/ Drills & Strides
(23 miles) TU, TH, SA – 3-4 miles
F – 3-4 miles w/ 2 mile tempo
SU (Long Run) – 4-5 miles