

Weekly Mileage Schedule Chart

Upcoming/Week <i>Mileage club Starts:</i>	1 <i>June 16</i>	2 <i>June 23</i>	3 <i>June 30</i>	4 <i>July 7</i>	5 <i>July 14</i>	6 <i>July 21</i>	7 <i>July 28</i>	8 <i>Aug 4</i>	9 <i>Aug 11</i>	10 <i>Aug 18</i>	11 <i>Aug 25</i>	Total
1 st year Girls	15	17	18	14	20	24	29	24	28	29	32	250
1 st year Boys	15	17	20	15	22	26	30	24	31	36	39	275
2 nd year Girls	22	24	25	20	27	29	31	26	30	32	34	300
2 nd year Boys	24	26	29	24	31	33	35	30	36	39	43	350
3 rd year Girls	24	28	32	26	33	34	35	30	35	36	37	350
3 rd year Boys	28	32	37	30	38	43	45	38	42	45	47	425
4 th year Girls	27	31	34	29	36	38	41	36	41	43	44	400
4 th year Boys	30	36	41	35	43	48	53	47	54	56	57	500
Mileage Clubs End August 31st (77 days)			300 Miles: 4.0 per day Girls & ALL First year BOYS			400 Miles: 5.25 per day Open to All Athletes NOTE: You should only attempt this club if you have been progressing through standard mileage			500 Miles: 6.5 per day Recommended for 4 th year Males GIRLS are NOT to Run this Mileage			

Summer Requirements for Returning runners:

1st Year Athletes: are exempt from minimum summer mileage standards, but are required to keep a log and following the training plan.

2nd Year Athletes: a minimum of 200 miles over the summer (by August 31st) and maintain an accurate running log.

3rd Year Athletes: a minimum of 250 miles over the summer (by August 31st) and maintain an accurate running log.

4th Year Athletes: a minimum of 300 miles over the summer (by August 31st) and maintain an accurate running log.

***To be fully prepared for a Great Fall Season, it is suggested that you follow the above training plan.

General Schedule for Runs and Workouts (this schedule starts the week of July 7th- easy milage base-building up until this point for most runners)

Stimulus	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-Up	Day Off: Stretch Swim, Bike Be Active No Running	800m Jog	800m Jog	800m Jog	800m Jog	800m Jog	800m Jog
Stretch		Static	Dynamic	Static	Static	Dynamic	Static
Workout		Intervals OR Hills (C)	Easy Run (E)	Easy Run (E)	Easy Run (E)	Tempo (D) OR Fartlek (B)	Long Run (A)
Cool Down		6 x 100 HS Static Stretching AFTER Strides	10 x 100 ES Static Stretching Between Strides	6 x 100 ES Static Stretching AFTER Strides	6 x 100 ES Static Stretching AFTER Strides	10 x 100 HS Static Stretching Between Strides	Static Stretching
Strength		Hip Mobility Core	Lower Leg Core	Hip Mobility Core	Lower Leg Core	Hip Mobility Core	Lower Leg Core

Each Week you need to take your Suggested Weekly Mileage and do a few simple calculations using the below percentages.

For my example I am going to use a 30 mile week.

Long Run: 25% = .25

.25 x 30 = 7.5 miles for your Long Run

Tempo/Fartlek Runs: 15% = .15

.15 x 30 = 4.5 miles for your combined total of Tempo and Fartlek

Runs

Recovery/Easy Runs: 60% = .6

.6 x 30 = 18 miles for your total easy run days

Total Mileage: 7.5 + 4.5 + 18 = 30 miles

Explanation of Summer Training:

A) Long Run – This run represents **20-25%** of your weekly mileage in one run. Time is the most important element of this, and thus the distance covered should be secondary. In regards to pacing, you should be able to maintain a conversation during a run.

B) Fartlek – These should be treated as an opportunity to open up the stride and keep some speed alive. There are two ways that they can be completed: structured and unstructured. If you are a person who craves structure, I have provided a framework below where the numbers represent the “on” period or “surge”, which should be followed by a run/jog of a set time amount. Examples of Fartleks (1 on 1 off, 1 on, 2 off, 2 on, 2 off, 2 on 3 off, 3 on 3 off).

C) Hills – Long hills (150m – 500m). During the summer, you want to find a long hill and just add a few repetitions at a normal run effort. This will provide strength and start to build power. No more than 5 – 8 hill repetitions.

D) Tempo – These are necessary to help your body gain strength while at the same time running faster. These runs are to be done at a max of 80%. Each week, you should maintain or increase the duration by no more than 2 – 3 minutes and should not exceed 15 minutes. This run should be of moderate intensity. You should be able to speak in sentences as you run, but not be able to carry on long conversations at a time.

E) Easy/Recovery Runs – These will make up the bulk of your mileage (50-60%) and can be broken down in any fashion that you like. Whether it is all singles or a combination of multiple runs per day, these are opportunities to get the work in and let your body recover from the previous day. You should be able to maintain a conversation throughout.

F): Intervals -