

## **Work-Outs**

Suggestions for summer training:

### **New Runners:**

- 1) Start with 12 – 15 miles per week (broken up into 5 runs per week)
- 2) Increase your weekly mileage by NO MORE than 10 % per week (if you ran 12 one week, you should aim for 13.2 the next-  $12 + 1.2$ ). This should help avoid injuries
- 3) Run one long run per week, which should be about 20 – 25 % of your weekly mileage.
- 4) Run 1 tempo work-out per week (start with 1 and try to get to 3 by the end of August for our first practice)
- 5) Log all runs (length and time)

*Example week for 12 miles:*

Monday- 2 miles easy

Tuesday- 3 miles (1 warm-up, 1 cool-down, 1 tempo)

Wednesday- It's my birthday, so I took off to eat cake

Thursday- 2 miles easy

Friday- 3 miles easy (Long Run)

Saturday- Too many cartoons, I took it off from running

Sunday- 2 miles easy

### **Some Experience Runners:**

- 1) Start with 18 - 22 miles per week (broken up into 5 runs per week)
- 2) Increase your weekly mileage by NO MORE than 10 % per week (if you ran 18 one week, you should aim for 19.8 the next-  $18 + 1.8$ ). This should help avoid injuries
- 3) Run one long run per week, which should be about 20 – 25 % of your weekly mileage.
- 4) Run 1 tempo work-out per week (start with 1 and try to get to 4 or 5 by the end of August for our first practice)
- 5) Log all runs (length and time)

*Example week for 18 miles:*

Monday- 3.5 miles easy

Tuesday- 3.5 miles (1 warm-up, 1 cool-down, 1 tempo)

Wednesday- It's my birthday, so I took off to eat cake

Thursday- 3.5 miles easy

Friday- 4.5 miles easy (Long Run)

Saturday- Too many cartoons, I took it off from running

Sunday- 3 miles easy

**Experienced Runners (Returning Varsity):**

- 1) Start with 25 - 30 miles per week (broken up into 6 runs per week)
- 2) Boys should be aiming for 50 miles per week by the beginning of season and girls 38 – 40.
- 3) Increase your weekly mileage by NO MORE than 10 % per week (if you ran 30 one week, you should aim for 33 the next-30 + 3). This should help avoid injuries
- 4) Run one long run per week, which should be about 20 – 25 % of your weekly mileage.
- 5) Run 1 tempo work-out per week (start with 2 or 3 and try to get to 4 or 5, maybe even 6 by the end of August for our first practice)
- 6) Log all runs (length and time)

*Example week for 30 miles:*

Monday- 5.5 miles easy

Tuesday- 5 miles (1 warm-up, 1 cool-down, 3 tempos)

Wednesday- It's my birthday, so I took off to eat cake

Thursday- 4 miles easy

Friday- 7.5 miles easy (Long Run)

Saturday- 3 miles

Sunday- 5 miles easy

**General Guidelines-**

If you start to develop an injury, back off. We need you healthy in the season.

If you have questions, email us.

Work hard now so it is that much easier in the season.

Make sure you do strengthening each day.

**Strengthening:**

You should do at least 10-20 minutes of strengthening per day. Attached you will find numerous exercises you can try. The following list includes the standards:

**Abdominals:**

You should do at least 5 minutes per day- do 1 minute each for the following:

- Planks
- Russian Twists
- Side Planks
- Flutter Kicks
- Big-Littles

**Soup Cans:**

Get 2 soup cans and hold them like weights. Stand in front of the televisions, pool, window, or whatever you choose and swing your arms comfortably like you are running. Do this for a minute or two each day.

**T-Y-I:**

These can be done 2 to 3 times per week. These will help greatly with running form.

**Others:**

Check out attached documents and pick and choose.