Summer Running Sample

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	10 x 1 min Run/1 min Walk	15 x 1 min Run/1 min Walk	Rest or Cross Train	8 x 2 min Run/1 min Walk	12 x 2 min Run/1 min Walk	Rest or Cross Train	5 x 3 min Run/1 min Walk
Week 8	50 - 60 min Long Run	Split - Short AM/PM Run	Short Hill Intervals	35 to 45 min Easy Run	Split - Short AM/PM Run	Intervals (Tempo)	Rest or Cross Train

Description

This Summer Training Schedule is only meant to be an example of the actual summer training schedule. Runs will be adjusted based on how the athlete reacts to the training. For example: If the athlete is already coming into the program with a decent aerobic foundation (has been maintaining over 20+ miles/week), they would then start on the 3rd or 4th week on the schedule. The goal of this program is to safely build up running strength to start more intense aerobic work at the beginning of the next phase.

Notes

*Cross-Training (Biking, Elliptical, Swimming, etc.) @ 10 minutes = approx. 1 mile of running

*Threshold = approx. current mile race pace + 80 seconds (ie. 5 min mile = 6'20 threshold)

*Tempo = approx. current mile race pace + 60 seconds (ie. 5 min mile = 6' Tempo)