

Summer Training

Week 1 (June 10 – 16)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	2 mi	2 mi	1 mi	2 mi	3 mi	2 mi	0 mi	12 mi
Intermediate	2 mi	4 mi	3 mi	2 mi	3 mi	4 mi	2 mi	20 mi
Advanced	3 miles	4miles 6 strides	O & B: 20 min	4 miles 6 strides	5 miles Long run	4 miles 6 strides	5 miles	30 mi

Week 2 (June 17 -23)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	2 mi	1 mi	2 mi	3 mi	3 mi	2 mi	0 mi	13 mi
Intermediate	3 mi	4 mi	3 mi	4 mi	3 mi	5 mi	3 mi	25 mi
Advanced	5 mi Hilly run	5 mi 6 strides	Fartlek wu: 10 min. 2min on & 2 min Off for 24 min Cd: 10 min	4 mi 6 strides	6 mi Long run	5 mi 6 strides	5 mi	35 mi

Week 3 (June 24 –June 30)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	3 mi	3 mi	4 mi	3 mi	3 mi	4 mi	0 mi	20 mi
Intermediate	4 mi	5 mi	3 mi	5 mi	4 mi	6 mi	4 mi	30 mi
Advanced	Hill repeats wu: 1.5 mi 8-10 hills Cd: 1.5 mi	4 mi 6 strides	O & B 24 min	5 mi 6 strides	8 mi Long run	4 mi 6 strides	5 mi	40 mi

Week 4 (July 1 -7)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	3 mi	3 mi	Fartlek 4mi (wu 10 min, 10x1 min on & off, cd 10)	4 mi	3 mi	5 mi	3 mi	25 mi
Intermediate	4 mi	3 mi	5 mi (10,20,10)	5 mi	4 mi	6 mi	4 mi	30 mi
Advanced	6 mi Hilly run	4 mi 6 strides	Fartlek wu: 10 min. 2min on & 2 min Off for 24 min Cd: 10 min	5 mi 6 strides	9 mi Long run	5 mi 6 strides	5 mi	40 mi

Week 5 (July 8 – 14)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	3 mi	3 mi	Fartlek (10,10,10) 4 mi	4 mi	3 mi	5 mi	3 mi	25 mi
Intermediate	4 mi	4 mi	Fartlek (10,20,10) 5 mi	5 mi	3 mi	6 mi	3 mi	30 mi
Advanced	Hill repeats wu: 1.5 mi 10 hills Cd: 1.5 mi	4 mi 6 strides	Fartlek wu: 10 min 2 min on & off for 24 min cd: 10 min	6 mi 6 strides	8 mi Long run	4 mi 6 strides	5 mi	40 mi

Week 6 (July 15 – 21)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	4 mi	3 mi	O & B 18 min	3 mi	3 mi	5 mi	3 mi	25 mi
Intermediate	5 mi Hilly run	4 mi 6 strides	O & B 21 min	4 mi 6 strides	7 mi Long run	4 mi 6 strides	5 mi	35 mi
Advanced	7 mi Hilly run	5 mi 6 strides	O & B 26 min	5 mi 6 strides	9 mi Long run	6 mi 6 strides	5 mi	45 mi

Week 7 (July 22 -28)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	See below	3 mi	see below	4 mi	6 mi	4 mi	5 mi	30 mi
Intermediate	Hill repeats wu: 1.5 mi 8 hills cd: 1.5 mi	5 mi 8 strides	Fartlek wu 10 min 2 min on & off for 16 min cd: 10 min	5 mi 8 strides	8 mi Long run	4 mi 8 strides	6 mi	40 mi
Advanced	Hill repeats wu: 1.5 mi 10 hills cd: 1.5 mi	6 mi 8 strides	Fartlek wu 10 min 2 min on & off for 28 min cd: 10 min	7mi 8 strides	10 mi Long run	6 mi 8 strides	5 mi	50 mi

Week 8 (July 29- August 4)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	6 mi	4 mi	see below	4 mi	8 mi	5 mi	3 mi	35 mi
Intermediate	7 mi Hilly run	5 mi 8 strides	O & B 21 min	6 mi 8 strides	9 miles	6 mi 8 strides	6 mi	45 mi
Advanced	8 mi Hilly run	5 mi 8 strides	O & B 30 min	6 mi 8 strides	10 mi Long run	7 mi 8 strides	6 mi	50 mi

Week 9 (August 5-11)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Beginner	6 mi	4 mi	Fartlek wu 10 min 10 x 1 min on & off 10 min cd	4 mi	5 mi	8 mi	3 mi	35 mi
Intermediate	Hill repeats Wu: 1.5 mi 10 hills Cd: 1.5	5 mi 8 strides	Fartlek 2 min on & off for 20 min wu & cd 10 min	6 mi 8 strides	9 miles Long run	5 mi 8 strides	6 mi	45 mi
Advanced	Hill repeats wu: 1.5 mi 10 hills Cd: 1.5 mi	7 mi 8 strides	Fartlek 2 min on & off for 28 min wu & cd 10 min	6 mi 8 strides	10 mi Long run	7 mi 8 strides	6 mi	50 mi

Fartlek: A Swedish word for speed play. On these days, you should warm up with easy running for 10 minutes or the specified time, then run 10x 1 minute at a faster pace than your everyday run pace, then slow down back to your everyday run pace for a total of 10-20 minutes depending on your level of fitness, then run a 10 minute cool down. In the plan, it may be denoted as Fartlek (10, 10, 10) or (10, 20, 10). The advanced group may go for 10x 2 minutes on and off for a total of 20 minutes or 10 hard 2 minute run segments. If you don't have a watch with a timer, then you can go by city block alternating between running fast for a block, then slow for a block. Another option would be to use telephone poles along the road or even mail boxes. The important part of the workout is changing your pace for short periods of time between a hard pace and an easy pace.

O & B Run: Out and back run. For this workout, you run easy on the way out for the specified time, then run the same route on the way back that you did on the way out. You want to run harder on the way back, so you finish in less time than you did on the way out.

Hill Repeats: For this workout you want to warm up 1.5 miles, then run hard up a hill at a fast pace, turn around and slowly jog down the hill for a recovery before running back up the hill at a hard pace. Go as slow as you need on the way down, so that when you reach the bottom, you feel ready to run fast again on the uphill. Your first time out, you may want to try and do 4-6 x hill for beginner runners and 8-10 x hill for more experienced runners. Try to add a hill repeat each time you do this workout, but do no more than a max of 12 hills total. After the repeats, you should run a 1 to a 1.5 mile cool down.

Long Run: It is your longest run of the week run at your everyday run pace. You want to run this run without stopping, or with very brief stops to take a drink. The long run is the most important run to build your aerobic base. You want to try to add a mile to this each week or every other week eventually building up to a long run of 10 miles for experienced runners and 8 miles for a beginning runner after several weeks of training.

Recovery Runs: These runs take place between the harder workout days and should be run at your everyday run pace. You should feel like you could carry on a conversation with your fellow runners on these days.