

Summer Run Log- Level 1 ***Anyone may do this run log, however, only newbies will earn the incentive t-shirt from this one***

The goal for summer running is consistency and building a base to grow this fall season--not running like crazy in the heat early in the summer and then being hurt and burnt out by August! Aim for **30 minutes of sustained exercise 3 to 4 days per week. All of these workouts are done by time, NOT by mileage. Use a stopwatch to gauge your intervals. "R" means run and "W" means walk. EVERY workout begins with a brisk 5 minute warm-up walk. "R1" means run 1 minute (not one mile). Notice there is a minimum amount of time for each workout (not just run 1 mile and be done).

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL THIS WEEK	TOTAL THIS SUMMER
1 5/27	Warm up. R1/W2 for 20 minutes		Warm up. R1/W2 for 20 minutes		Warm up. R1/W2 for 20 minutes	Warm up. R1/W2 for 20 minutes		80 minutes	
2 6/3	Warm up. R1.5/W2 for 20 mins		Warm up. R1.5/W2 for 20 mins		Warm up. R1.5/W2 for 20 mins	Warm up. R1.5/W2 for 20 mins		80 mins	
3 6/10	Warm up. R1.5/W1.5 for 25 mins		Warm up. R1.5/W1.5 for 25 mins		Warm up. R1.5/W1.5 for 25 mins	Warm up. R1.5/W1.5 for 25 mins		100 mins	
4 6/17	R1.5/W1.5 then R3/W3 Repeat both		R1.5/W1.5 then R3/W3 Repeat both		R1.5/W1.5 then R3/W3 Repeat both	R1.5/W1.5 then R3/W3 Repeat both		72 mins	
5 6/24	R3/W1.5 then R3/W2 Repeat all 3x		R3/W1.5 then R3/W2 Repeat all 3x		R3/W1.5 then R3/W2 Repeat all 3x	R3/W1.5 then R3/W2 Repeat all 3x		114 mins	
6 7/1	R5/W3 R5/W3 R5/W4		R6/W3 R6/W3 R6/W6		R5/W3 R7/W3 R5/W7	R5/W2 R8/W4 R5/W5		114 mins	
7 7/8	R5/W3 R8/W3 R5/W6		R5/W3 R8/W3 R5/W6		R5/W2 R8/W3 R5/W7	R5/W2 R8/W3 R5/W5		118 mins	
8 7/15	R4/W1 R6/W3 R8/W5		R4/W1 R6/W3 R8/W5		R5/W2 Four times	R5/W2 Four times		110 mins	
9 7/22	R7/W1 Three times		R7/W1 Three times		R6/W1 Four times	How far can you run without stopping?			

Summer Run Log- Level 2

The goal for summer running is consistency and building a base to grow this fall season--not running like crazy in the heat early in the summer and then being hurt and burnt out by August! Intermediate runners have run before, but may not be running at the moment. Aim for **30-60 minutes of sustained exercise 3 to 4 days per week as shown below. All workouts should be done at a comfortable pace. You should be able to carry on a conversation with a friend. As your endurance improves, try to run the miles all at one time (ie- In week 4 when it says R2/walk to total 30, try to run two miles without stopping, then walk to make a total of a 30 minute workout versus splitting it up into 2 one mile portions or 4 half mile portions). You will start by walking quite a bit, but by the end, you should be walking very little. It is important to complete the full workout, not just run 1 mile and be done, but to actually be out there exercising for the full 30 minutes, although you may only RUN one mile.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL THIS WEEK	TOTAL THIS SUMMER
1 5/27	R/W 1 mile then walk to total 30 mins		R/W 1 mile then walk to total 30 mins		R/W 1 mile then walk to total 30 mins	R/W 1 mile then walk to total 30 mins		4	
2 6/3	R1-2 miles then walk to total 30 mins		R1 mile then walk to total 30 mins		R1-2 miles then R/W to total 30 mins	R1 mile then R/W to total 30 mins		4-6	
3 6/10	R2 miles then walk to total 30 mins		R1 mile then R/W to total 30 mins		R1 mile then R/W to total 30 mins	R2 miles then walk to total 40 mins		6	
4 6/17	R2 miles then walk to total 30 mins		R2 miles/ walk to total 30 mins		R1 mile/ walk to total 30 mins	R2-3 miles/ walk to total 45 mins		7-8	
5 6/24	R2 miles then walk to total 30 mins		R2 miles/ walk to total 30 mins		R2 miles/ walk to total 30 mins	R2-3 miles/ walk to total 45 mins		8-9	
6 7/1	R3 miles then walk to total 35 mins		R2 miles/ walk to total 30 mins		R2 miles/ walk to total 30 mins	R2-3 miles/ walk to total 45 mins		9-10	
7 7/8	R3 miles then walk to total 35 mins		R2-3 miles/ walk to total 35 mins		R2 miles/ walk to total 30 mins	R3 miles/walk to total 45 mins		10-11	
8 7/15	R3 miles then walk to total 40 mins		R3 miles/walk to total 40mins		R2 miles/ walk to total 30 mins	R3.5 miles/walk to total 50 mins		11.5	
9 7/22	R3 miles then walk to total 45 mins		R3 miles then walk to total 40 mins		R2 miles/ walk to total 30 mins	R3.5 miles/walk to total 60 mins		11.5	

Summer Run Log- Level 3

*****Consistency is Key!***** Those on this plan should be able to comfortably run at least 4 miles without stopping by the end of the summer. The workouts below are to be done at different paces: Easy- you can carry on a conversation with a friend; strides- pick up the pace for 100 yards or so, then slow down; tempo- gradually increase the pace until about halfway through the run, then gradually slow down the pace. For core, think of what we did last year- planks, leg lifts, bridges, clam shells,...It is ok to run even more often than this schedule, but please do so SLOWLY and CAREFULLY. Make sure to spend the full amount of time on the workout, which may involve some walking at the end of the workout (don't just run the mileage suggested, but complete the entire time minimum). **Run the recommended run portion at one time. If you need to walk/run, use the level 2 plan.** Notice the 4 day commitment and the time minimum for each workout.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL THIS WEEK	TOTAL THIS SUMMER
1 5/27	R2 miles then walk to total 30 mins- easy	core	R2 miles then walk to total 30 mins- easy	core	R2 mile then walk to total 30 mins easy/ 2 strides	R2 miles/ walk to total 30 mins- easy		8	
2 6/3	R2.5 miles/walk to total 30 mins- easy	core	R2 miles/walk to total 30 mins- easy	core	R2 mile then walk to total 30 mins easy/ 3 strides	R2.5 miles/walk to total 35 mins- easy		9	
3 6/10	R2.5 miles/walk to total 30 mins- easy	core	R2 miles/walk to total 30 mins- easy	core	2.5 mile then walk to total 30 mins easy/ 4 strides	R3/ walk to total 40 mins- easy		10	
4 6/17	R2.5 miles/ walk to total 30 mins-tempo	core	R2.5 miles/walk to total 30 mins- easy	core	R2.5/walk to total 30 mins- easy/4 strides	R3.5/ walk to total 45 mins- easy		11	
5 6/24	R2.5 miles/ walk to total 30 mins-tempo	core	R3 miles/walk to total 35 mins- easy	core	R2.5 then walk to total 30 mins- easy/4 strides	R4/ walk to total 45 mins- easy		12	
6 7/1	R3 miles/ walk to total 35 mins-tempo	core	R3.5 miles/walk to total 35 mins- easy	core	R2.5 then walk to total 30 mins- easy/5 strides	R4.5/ walk to total 45-50 mins- easy		13.5	
7 7/8	R3.5 miles/ walk to total 35 mins-tempo	core	R4 miles/walk to total 40 mins- easy	core	R2.5 then walk to total 30 mins- easy/5 strides	R5/ walk to total 50-60 mins- easy		15	
8 7/15	R4 miles then walk to total 40 mins-tempo	core	R4 miles/walk to total 40 mins- easy	core	R3 then walk to total 35 mins- easy/4 strides	R6/ walk to total 50-60 mins- easy		17	
9 7/22	R 4.5 then walk to total 45 mins-tempo		R4 miles/walk to total 40 mins- easy		R3.5 then walk to total 35 mins- easy/4 strides	R6		18	

Summer Run Log- Level 4

Level 4 runners have continued running and are in good running shape. These will be runners who are setting goals to place well in the state meet and want the challenge of racing competitively. The workouts below are to be done at different paces: Easy- you can carry on a conversation with a friend; strides- pick up the pace for 100 yards or so, then slow down; tempo- gradually increase the pace until about halfway through the run, then gradually slow down the pace; fartlek- vary speed throughout the entire run. Do not neglect basics: For core, think of what we did last year- planks, leg lifts, bridges, clam shells,...Do exercises to strengthen ankles : foot drills, heel walks, foot pulls,...Be patient and start out easy *even if* you have been running. It will give your body some downtime to rest before you begin to build mileage again. Notice the 5 day commitment. A sixth day of running (easy miles only) can be added as long as you wake up refreshed each day. You may be sore, but not in pain.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL THIS WEEK	TOTAL THIS SUMMER
1 5/27	R2 mile- easy	R3 miles- easy core		R3 miles- easy core	R2 miles- easy/ 2 strides	R4 miles- easy		14	
2 6/3	R3 miles- easy	R3 miles-fartlek core		R2.5 miles- easy 4 hill repeats core	R2 miles- easy/ 3 strides	R4.5 miles- easy		15	
3 6/10	R3 miles- easy	R3.5 miles- easy core		R3 miles- easy 4 hill repeats core	R2.5 mile- easy/ 4 strides	R3.5- easy		15.5	
4 6/17	R2.5 miles -fartlek	R3.5 miles- tempo core		R3 miles- easy 5 hill repeats core	R2 miles- easy/4 strides	R5- easy		16	
5 6/24	R3 miles- fartlek	R3.5 miles-tempo core		R3.5 miles- easy 5 hill repeats core	R3- easy/4 strides	R5.5- easy		18.5	
6 7/1	R3.5 miles- easy	R3 miles- tempo core		R3.5- easy 6 hill repeats core	R3- easy/5 strides	R4- easy		17	
7 7/8	R4 miles-fartlek	R3.5 miles- tempo core		R3.5 miles- easy 6 hill repeats core	R3- easy/5 strides	R6 easy		20	
8 7/15	R4 miles- easy	R4 miles- easy core		R3.5 miles- easy core	R3- easy/4 strides	R6.5-easy		21.5	
9 7/22	R4 miles- easy	R4 miles- tempo core		R 4 miles- easy 6 hill repeats core	R 3 easy	R 7 easy		22	

Summer Run Log- Level 5

Level 5 runners have participated at the varsity level for several years and want to commit to grow in their running abilities this season. They are experienced runners and are committed to developing skills. These will be runners who are setting goals to place well in the state meet and want the challenge of racing competitively. The workouts below are to be done at different paces: Easy- you can carry on a conversation with a friend; strides- pick up the pace for 100 yards or so, then slow down; tempo- gradually increase the pace until about halfway through the run, then gradually slow down the pace; fartlek- vary speed throughout the entire run. Do not neglect basics: For core, think of what we did last year- planks, leg lifts, bridges, clam shells,...Do exercises to strengthen ankles : foot drills, heel walks, foot pulls,...Be patient and start out easy *even if* you have been running. It will give your body some downtime to rest before you begin to build mileage again. A sixth or seventh easy day of running can also be added to this schedule as long as your body feels good each day when you wake up. You may be sore, but not in pain.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL THIS WEEK	TOTAL THIS SUMMER
1 5/27	R3 mile- fartlek	R4 miles- easy core		R3 miles- easy core	R3 miles- easy/ 2 strides	R4 miles- easy		17	
2 6/3	R3.5 miles- fartlek	R4 miles- easy core		R3.5 miles- easy 4 hill repeats core	R3 miles- easy/ 3 strides	R5 miles- easy		19	
3 6/10	R4 miles- easy 4 hill repeats	R4 miles- tempo core		R4 miles- easy core	R3 mile- fartlek + 4 strides	R6- easy		21	
4 6/17	R2.5 miles -easy	R3 miles- tempo core		R2.5 miles- easy 5 hill repeats core	R3 miles- easy/4 strides	R4- try and "race pace" middle 2 miles		15	
5 6/24	R3 miles-easy	R4 miles-tempo core		R4 miles- easy 5 hill repeats core	R3- easy/4 strides	R7- easy		21	
6 7/1	R4 miles-fartlek	R4 miles- tempo core		R4- easy 6 hill repeats core	R3- easy/5 strides	R8- easy		23	
7 7/8	R3 miles-easy 6 hill repeats	R4 miles-tempo core		R4 miles- easy core	R4- easy/5 strides	R5- try and "race pace" middle 3 miles		20	
8 7/15	R4 miles- easy	R5 miles- fartlek core		R4 miles- easy core	R3- easy/4 strides	R9-easy		25	
9 7/22	R4 miles- tempo	R5 miles- easy core		R5 miles-fartlek core	R4- easy/5 strides	R7- try and "race pace" middle 3 miles		25	

