

WHEN CHOOSING YOUR SUMMER WORKOUT LEVEL

Choose the appropriate summer training plan appropriate for you. There are 6 levels to choose from. It may be wise to grab several you think are attainable for you just in case. If you ever feel a level is too easy or too challenging for you, contact me and I will send you the appropriate adjustment for your training. These training plans begin on June 16th but you may start running earlier if you like. **Stay consistent** and you should be able to work your way through your summer training! It is not as crucial to get every workout in as it is to be consistently running. Summer training is the most important training of the year to build a base for the fall season. Never hesitate to call or e-mail me with any questions or concerns. I am very excited to meet you all and good luck with your summer training! ☺

Base Level- Designed for beginners or athletes transitioning into higher mileage. Gradually increases throughout the summer from about 1-2 miles a day to about 4-5 miles a day. Stay consistent and you can do it!

1- Gradually increases from about 2-3 miles a day to about 5 miles a day by the end of the summer.

2- Gradually increases from about 3-4 miles a day to about 5-6 miles a day by the end of the summer.

3- Gradually increases for about 4-5 miles a day to about 7-8 miles a day by the end of the summer. Note: road interval paces designed for boys and may be adjusted to your individual needs.

4- Gradually increases from about 5-6 miles a day to about 9 miles a day by the end of the summer. Note: road interval paces designed for boys and may be adjusted to your individual needs. This level is more geared towards the boys' team.

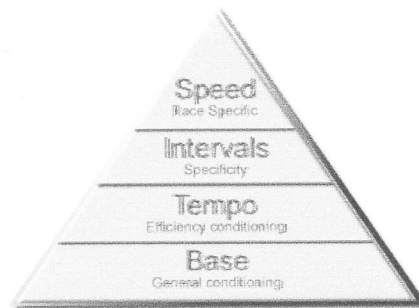
5- Gradually increases from about 6-7 miles a day to about 8-9 miles by the end of the summer. Note: road interval paces designed for boys and may be adjusted to your individual needs. This level is more geared towards the boys' team.

- If you are looking for a good way to add more mileage to your training towards the end of the summer, adding short morning runs 2-3 times a week towards the end of the summer is a good way to so! Have fun ☺

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SUMMER TRAINING TIPS

1. **Get a big base in this summer.** *Excuses you find to not run, soon become excuses for not reaching your goals. Off season training eliminates the need for excuses!*
2. **The bigger the base the higher the peak!** Your body will respond to the stresses you place on it and your fitness levels will increase every six weeks. The summer months are probably the most important months of training. *If you wait until the start of practice on August 8th, you will not reach your potential and you will risk injury.*



← Base=Summer Training

3. **Consistency, Consistency, Consistency!** Being consistent with your training and running a few miles consistently is better than running long one day and then taking four days off.
4. **Log your miles.** I have attached a template you could create a running log binder with. You could also just use a regular notebook or calendar.
5. **Attend team training sessions on Mondays June 16th-July 29th.** This will account for 6 days of the summer, 11 including the Joe Bill Dixon camp July 14th-18th. It is easier and more fun to run with teammates. See specific dates on first page.
6. **Stay in a good pair of running shoes and listen to your body. Avoid Injury!**

IMPORTANT DATES

JUNE 17TH-1ST Summer Run 7:00 AM

JUNE 24TH- 7:00 AM

JULY 8TH-7:00 AM

JULY 14-18TH-Joe Bill Dixon Wilderness Running Camp (more info to come)

JULY 22-7:00 AM

JULY 29TH- 7:00 AM

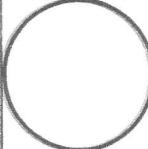
AUGUST 5TH-7:00 AM

August 1st-First official practice

Training Log

Week No. _____

Week of _____ to _____

Daily Run / Workout	Time	Other Activities (weights, e.g.)	Daily Total
Monday	w. up _____ dn _____		
Tuesday	w. up _____ dn _____		
Wednesday	w. up _____ dn _____		
Thursday	w. up _____ dn _____		
Friday	w. up _____ dn _____		
Saturday	w. up _____ dn _____		
Sunday	w. up _____ dn _____		
Comments: (good days, bad days, races, etc.)		Weight _____ Heart Rate _____	 Week's Total

WAYNESVILLE CROSS COUNTRY WORKOUT NOTES

BELOW ARE SOME IDEAS AND SUGGESTIONS TO HELP YOU IN YOUR SUMMER TRAINING. THESE WORKOUTS ARE SIMILAR TO OUR FALL TRAINING. YOU MAY USE YOUR OWN VARIATIONS OF THESE WORKOUTS IF THEY HELP YOU.

- HILLS- 1. HILL REPEATS-USE A LONG GRADUAL HILL OF 400 METERS OR LONGER. STAY AWAY FROM DOING STEEP HILLS REPETITIVELY. WORK UP THE HILL AND SLOW JOG RECOVERY DOWN THE HILL. 8-12 REPETITION WOULD BE A SUFFICIENT WORKOUT BUT THIS DEPENDS ON THE HILL AND YOUR FITNESS LEVEL.
2. HILL CIRCUITS-FIND AN AREA THAT HAS SEVERAL HILLS OF DIFFERENT SIZE AND LENGTH. WORK THE HILLS AND SLOW JOG RECOVERY ON THE DOWN HILLS. MAKE A VARIETY OF ROUTINES THAT LAST 5-10 MINUTES.

FARTLEK

- RUNS- SPEED CHANGE. THIS SHOULD BE A CONTINUOUS RUN THAT INVOLVES SEVERAL MINUTES OF HARD STRIDE FOLLOWED BY SEVERAL MINUTES OF RECOVERY RUNNING. TRY TO KEEP MOST OF THE STRIDES LONGER (4-6 MINUTES). DO THEM ON GRASS IF POSSIBLE.

TEMPO

- RUNS- MUCH LIKE OUR TEMPO RUNS BUT USUALLY ONE LONG SESSION. THE "OFF" SEGMENT SHOULD BE AT NORMAL DISTANCE RUN PACE. THE "ON" SEGMENT SHOULD BE AT THRESHOLD PACE. A GOOD RULE IS THAT YOU SHOULD BE ABLE TO TALK BUT NOT CARRY A CONVERSATION DURING THE "ON" SEGMENT.

ROAD

- INTERVALS- SHOULD BE DONE A MARKED ROAD COURSE OR CAN BE DONE ON A TRACK. THEY SHOULD EMPHASIZE A SLOW PACE AND SHORT RECOVERY, WHICH IS MORE IMPORTANT DURING OUR SUMMER AND EARLY SEASON TRAINING.

DISTANCE

- RUNS- OUR DISTANCE RUNS SHOULD BE AT A FAIRLY MODERATE PACE. ABOUT 7:00 MINUTES FOR MEN AND 8:00 MINUTES FOR WOMEN. THIS ALLOWS US TO WORK HARDER ON INTERVAL DAYS AND STAY RECOVERED. DURING OUR SUMMER TRAINING WE SHOULD EMPHASIZE QUANTITY OVER QUALITY.

WEIGHTS- LIGHT TRAINING PROGRAM OPTIONAL EXERCISES BELOW SHOULD TAKE ABOUT 20 MINUTES.

BENCH PRESS	2 SETS OF 15	MILITARY OR INCLINE	2 SETS OF 15
LEG CURLS	2 SETS OF 15	LEG EXTENSIONS	2 SETS OF 15
STEP UPS	2 SETS OF 15	SIT UPS	4 SETS OF 25