

**SUMMER WORKOUTS 1  
SUMMER 2013**

SIT DOWN ON SUNDAY AND PLAN YOUR WEEK. PLACE THE LONGRUN AND WORKOUT WHERE IT FITS YOUR SCHEDULE BEST. THE TEAM WILL BE DOING THE WORKOUT TOGETHER EVERY MONDAY STARTING JUNE 17<sup>TH</sup>. THE FIRST 5 WEEKS CALL FOR ONE DAY OFF EACH WEEK. DO NOT DO THE LONG RUN AND WORKOUT ON BACK TO BACK DAYS.

WEEK #1 JUNE 16-22 (TEAM TRAINING JUNE 17)

DISTANCE RUNS:            4 RUNS OF 2-3 MILES EACH, MODERATE PACE

1. LONG RUN-4 MILES AT AN EASY PACE
2. NO WORKOUT-EASY RUN WITH TEAM OR ON OWN

WEEK #2 JUNE 23-29 (TEAM TRAINING JUNE 24)

DISTANCE RUNS:            4 RUNS OF 3 MILES EACH, MODERATE PACE

1. LONG RUN 4-5 MILES AT AN EASY PACE
2. HILLS-CIRCUITS OR REAPEATS (SEE HANDOUT)

WEEK #3 JUNE 30-JULY 6 ( NO TEAM TRAINING-DEAD PERIOD)

DISTANCE RUNS:            4 RUNS OF 3-4 MILES EACH, MODERATE PACE

1. LONG RUN-5 MILES AT AN EASY PACE
2. FARTLEK RUN-30 MIN. WITH SOME LONG STRIDES (2-4 MIN)  
OR  
TEMPO RUN            8 MIN. OFF-8 MIN ON-8 MIN OFF(SEE HANDOUT)

WEEK #4 JULY 7-JULY 13 (TEAM TRAINING ON JULY 8<sup>TH</sup>)

DISTANCE RUNS            4 RUNS OF 4 MILES EACH, MODERATE PACE

1. LONG RUN-5-6 MILES AT AN EASY PACE
2. HILLS (SEE HANDOUT)

WEEK #5 JULY 14- JULY 20

**\*\*\*JOE BILL DIXON'S WILDERNESS RUNNING CAMP(14<sup>TH</sup>-18<sup>TH</sup>)\*\*\***

IF NOT ATTENDING CAMP:

DISTANCE RUNS: 4 RUNS OF 4-5 MILES EACH, MODERATE PACE

1. LONG RUN-6 MILES AT AN EASY PACE
2. FARTLEK RUN-30 MIN. WITH SOME LONG STRIDES (3-5 MIN)  
OR  
TEMPO RUN 10 MIN. OFF-10 MIN ON-10 MIN OFF(SEE HANDOUT)

WEEK #6 JULY 21-27 (TEAM TRAINING JULY 22)

DISTANCE RUNS: 5 RUNS OF 4-5 MILES EACH, MODERATE PACE

1. LONG RUN-6-7 MILES AT AN EASY PACE
2. ROAD INTERVALS-4 X 1 MILE AT 7:30-7:45 PACE. 3 MINUTES REST

WEEK #7 JULY 28-JULY AUGUST 3 (TEAM TRAINING JULY 29)

DISTANCE RUNS: 5 RUNS OF 5 MILES EACH, MODERATE PACE

1. LONG RUN 6-7 MILES AT AN EASY PACE
2. HILLS (SEE HANDOUT)

WEEK #8 AUGUST 4-AUGUST 10 ( TEAM TRAINING AUGUST 5TH)

DISTANCE RUNS: 5 RUNS OF 5-6 MILES EACH, MODERATE PACE

3. LONG RUN-7-8 MILES AT AN EASY PACE
4. FARTLEK RUN-35 MIN. WITH SOME LONG STRIDES (3-5 MIN)  
OR  
TEMPO RUN 10 MIN. OFF-15 MIN ON-10 MIN OFF(SEE HANDOUT)

**\*\*PRACTICES BEGIN ON AUGUST 12<sup>TH</sup>\*\***