WISSAHICKON HIGH SCHOOL

 SOCCER BOYS 2023

SUMMER RUNNING SCHEDULE

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | WEEK OF | SUN. | MON. | TUE | WED. | THUR. | FRI. | SAT. | TOTAL | REST |
|  |  |  |  |  |  |  |  |  |  |  |
| 1 | July 3 -July 8  | 30 | 25 | 30 | Rest | 30 | 30-E | Rest | 145 | 2 |
| 2 | July 10- July 16 | 30 | 25 | 30 | Rest | 30 | 30-E | Rest | 145 | 2 |
| 3 | July 17- July 23rd | 35 | P-30 | 35 | Rest | 35 | 30-E | Rest | 165 | 2 |
| 4 | July 25 – July 29  | 40 | T-30 | P- 30 Hills | Rest |  35 | T-40 | Rest | 175 | 2 |
| 5 | July 31- August 5 | 40 | P-35 | P -30 Hills | Rest  | 35 |  T-40 | Rest | 180 | 2 |
| 6 | August 7 - 12 | 40 | P-35 | P- 30 Hills | Rest |  35 |  T-40 | Rest | 180 | 2 |
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ALL RUNS ARE DONE IN MINUTES P= Progressive Run (Start easy- Build up speed) E= Easy Run

T= Tempo Run (5 min. easy- tempo - 5 min. Pace) Hills – find a hill to do the workout