

PVI Varsity Summer Training Schedule 2017

Pace Type	Pace Time
Easy	6:45 – 9:00
R pace	200 = :34-:47, 400 = 1:10 – 1:36
T pace	1 mile = 5:40-7:45

June	Workout
18	3 miles easy
19	Off
20	3 miles easy
21	3 miles easy;
22	3 miles easy;
23	Off
24	3 miles easy
25	4 miles easy
26	Off
27	5 miles
28	3miles easy; 5 strides
29	3 miles easy; 5 strides
30	Off
July	Workout
1	4 miles easy
2	4 miles easy
3	Off
4	3 miles easy; 5 strides
5	5 miles
6	3 miles easy; 5 strides
7	Off
8	4 miles easy; 5 strides
9	3 miles easy
10	Off
11	3 miles easy; 5 strides
12	6 miles; 6 strides
13	1 mile warm-up; 2(2x200 & 1x400) at R pace; 2 mile cool down
14	Off
15	4 miles easy
16	1 mile warm-up; 3x1 mile at T pace with 1:00 recovery; 1 mile cool down
17	4 miles easy
18	1 mile warm-up; 2(2:00 h, 1:00 e, 1:00 h, :30 e, :30 h, :30 e); 2 mile cool down
19	6 miles; 6 strides
20	3 miles easy
21	Off
22	1 mile warm-up; 6x400 at R pace; 2 mile cool down
23	4 miles easy
24	4 miles easy; 6 strides
25	1 mile warm-up; 3(2x200 & 1x400) at R pace; 2 mile cool down
26	7 miles; 6 strides
27	4 miles easy
28	Off
29	1 mile warm-up; 3(2x200 & 1x400) at R pace; 2 mile cool down
30	5 miles easy

31	1 mile warm-up; 3x1 mile at T pace with 1:00 recovery; 1 mile cool down
August	Workout
1	1 mile warm-up; 4(4:00 h, 3:00 e); 2 mile cool down
2	7 miles easy; 6 strides
3	5 miles easy
4	Off
5	1 mile warm-up; 8x400 at R pace with 1:30 recovery; 2 mile cool down
6	6 miles easy
7	4 miles easy; 6 strides
8	1 mile warm-up; 3(2:00 h, 1:00 e, 1:00 h, :30 e, :30 h, :30 e); 2 mile cool down
9	8 mile easy; 6 strides
10	6 miles easy
11	Off
12	1 mile warm-up; 4(2x200 & 1x400) at R pace; 2 mile cool down
13	6 miles easy
14	4 miles easy
15	Cross-country practice begins at PVI – 5:00 p.m. (meet by the track) <ul style="list-style-type: none"> You must have a completed physical in order to start practice! You must bring your 4 part form to practice
Coaches	Contact Information
Coach Kiernan	mkiernan@pvipanther.net Cell: 571-405-0456
Coach Bruno	kbruno@pvipanther.net Cell: 516-680-0243
Captains	Megan Revor, Jenny Koppang, and Hannah O'Malley Joe Paquette, Aidan McCarthy, and Charlie McGarry