

SUMMER WORKOUT ROUTINES

| | Level I (Mile pace 8 – 10 min) | Level II (Mile pace 7-8 min) | Level III (Mile pace 6-7 min) |
|-------|-----------------------------------|---------------------------------|----------------------------------|
| *Mon. | 3 miles/30 min | 4 miles/32 min | 5 miles/35 min |
| Tues | 4 miles/40 min | 4 miles/32 min | 6 miles/42 min |
| *Wed | 3 miles/30 min | 4 miles/32 min | 5 miles/35 min |
| Thurs | 3 miles/30 min | 4 miles/32 min | 5 miles/35 min |
| Fri | 3 miles/30 min | 4 miles/32 min | 5 miles/35 min |
| Sat | 5 miles/50 min | 7 miles/55 min | 7 miles/50 min |
| Sun | 6 miles/60 min | 7 miles/55 min | 7 miles/50 min |

Warm up routine:

- 1) warm up lap
- 2) dynamic stretches
- 3) running drills / plyometrics

Weeks

- 1: follow the above schedule
- 2-7: add 1 mile on Mon, Tues, Wed
add 2 miles on Thurs, Fri, Sat

*4-7 Up-tempo runs for first half of time, then easy control 2nd half

If you have difficulty with running all the miles at one time, especially the beginners, do not panic, this is normal. Just split up the time into 2 sections with a walk of no more than 30 seconds in duration, then try to begin running again. Just do not give up trying!

Important:

- 1) Proper pre/post workout nutrition is essential for recovery and injury prevention.
- 2) Proper Hydration is critical before workouts-should be peeing light in color. After your run rehydrate(approximately 12-16 ounces for every 20-30 minutes of running-depends on outside temperatures and humidity).
- 3) during runs of greater than 40 minutes-take in water up to 8 ounces, and repeat every 20 minutes thereafter.
- 4) during runs of greater than 65 minutes use a carbohydrate fuel source(ie. gatorade, gels, etc.).
- 5) New training shoes every 300-400 miles to avoid injury.
- 6) Use a watch when you train this summer
- 7) Make sure you perform warm ups prior to running and stretching after you run.