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| Advanced Training Plan | | | | | | | | |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **~Weekly Mileage** |
| 1  6/20-6/26 | 30-40 min Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 x 1 mile @ T w/ 60 sec rest, 15 min c/d w/ 6x 20s strides | 30-35 Easy w/ 6 strides mid run +SAM | 30-35 Easy w/ 6 strides mid run +SAM | 10 x 1 min hard w/ 1 min Easy recovery + SAM | Long Run (50-60 Minutes) | Rest/x-train | 30-35 miles |
| 2  6/27-7/3 | 35-45 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 2 miles @ T, 1 mile @ T w/ 2 min rest, 15 min c/d w/ 6x 20s strides | 35-40 Easy w/ 6 strides mid run +SAM | 35-40 Easy w/ 6 strides mid run +SAM | 10 x 8 sec Hill Sprints w/ walk down recovery | Long Run  55-65 Progression, last 20 min up-tempo | Rest/x-train | 35-40 miles |
| 3  7/4-7/10 | 40-50 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 miles @ T, 15 min c/d w/ 6x 20s strides | 40-45 Easy w/ 6 strides mid run +SAM | 40-45 Easy w/ 6 strides mid run +SAM | Easy 30-40 w/ 6 x strides mid run + SAM | SUMMER FEST 5K | Long Run 60-70 | 40-45 |
| 4  7/11-7/17  Down Week | 35 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 2 x 2 miles @ T w/ 2 min rest, 15 min c/d w/ 6x 20s strides | 30 Easy w/ 6 strides mid run +SAM | 30 Easy w/ 6 strides mid run +SAM | 10 x 1 min uphill w/ walk down recovery | Long Run 60—70 progression, last 20 min up tempo | Rest/x-train | 35 |
| 5  7/18-7/24 | 45-55 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 4 miles @ T 15 min c/d w/ 6x 20s strides | 45-50 Easy w/ 6 strides mid run +SAM | 45-50 Easy w/ 6 strides mid run +SAM | 3 x 30s,  3 x 15s,  3 x 5s  Hill sprints w/ walk down recovery | Long Run 65-70 | Rest/x-train | 45-50 |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **~Weekly Mileage** |
| 6  7/25-7/31 | 50-60 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 miles + 2 miles @ T w/ 3 minutes rest, 15 min c/d w/ 6x 20s strides | 50-55 Easy w/ 6 strides mid run +SAM | 50-55 Easy w/ 6 strides mid run +SAM | 10 x 2 min Hard w/ 1 min jog recovery | Long Run  70-75  Progression, last 20 min up-tempo | Rest/x-train | 50-55 |
| 7  8/1-8/7  Summer Camp week! | 50-60 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 5 miles @ T 15 min c/d w/ 6x 20s strides | 50-60 Easy w/ 6 strides mid run +SAM | 50-60 Easy w/ 6 strides mid run +SAM | 10 x 15 sec Hill sprints | Long Run  75-80 | Rest/x-train | 50-55 |
| 8  8/8-8/14  Down Week | 40-50 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 x 2 mile @ T w/ 3 min rest, 15 min c/d w/ 6x 20s strides | 50-60 Easy w/ 6 strides mid run +SAM | 50-60 Easy w/ 6 strides mid run +SAM | 4 x 15 sec, 4 x 30 sec, 4 x 5 sec hill sprints w/ walk down recovery | Long Run 75-85  Progression, last 20 min up-tempo | Rest/x-train | 40-45 |
| 9  8/15-8/21 | 50-60 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 2 x 3 mile @ T w/ 3 min rest, 15 min c/d w/ 6x 20s strides | 50-60 Easy w/ 6 strides mid run +SAM | 50-60 Easy w/ 6 strides mid run +SAM | 10 x 3 min Hard w/ 1 min Jog recovery | Long run  80-90 | Rest/x-train | 50-60 |
| 10  8/22-8/28 | 50-60 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 6 miles @ T, 15 min c/d w/ 6x 20s strides | 50-60 Easy w/ 6 strides mid run +SAM | 50-60 Easy w/ 6 strides mid run +SAM | 10 x 20 sec Hill sprints w/ walk down recovery | Long run  85-95  Progression, last 20 min up-tempo | Rest/x-train | 50-60 |
| 11  8/29-9/4  Down Week | 50-60Hilly easy run  + SAM + 6 x strides | 10 min w/u, 6 miles @ T, 15 min c/d w/ 6x 20s strides | 50-60 Easy w/ 6 strides mid run +SAM | 50-60 Easy w/ 6 strides mid run +SAM | Hill Circuit:  8 x 90s uphill w/ jog down recovery + 6 x 8s Hill Sprints w/ walk recovery | Long Run 90-100 | Rest/x-train | 40-50 |
| Intermediate Training Plan | | | | | | | | |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **~Weekly Mileage** |
| 1  6/20-6/26 | 20-30 min Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 x 1 mile @ T w/ 60 sec rest, 15 min c/d w/ 6x 20s strides | 25-30 Easy w/ 6 strides mid run +SAM | 25-30 Easy w/ 6 strides mid run +SAM | 10 x 1 min hard w/ 1 min Easy recovery + SAM | Long Run  30-40 Minutes | Rest/x-train | 20-25 miles |
| 2  6/27-7/3 | 30-35 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 2 miles @ T, 1 mile @ T w/ 2 min rest, 15 min c/d w/ 6x 20s strides | 30-35 Easy w/ 6 strides mid run +SAM | 30-35 Easy w/ 6 strides mid run +SAM | 10 x 8 sec Hill Sprints w/ walk down recovery | Long Run  35-45 Progression, last 20 min up-tempo | Rest/x-train | 25-30 miles |
| 3  7/4-7/10 | 30-40 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 miles @ T, 15 min c/d w/ 6x 20s strides | 35-40 Easy w/ 6 strides mid run +SAM | 35-40 Easy w/ 6 strides mid run +SAM | Easy 30-40 w/ 6 x strides mid run + SAM | SUMMER FEST 5K | Long Run  40-50 minutes | 30-35 miles |
| 4  7/11-7/17  Down Week | 35 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 2 x 2 miles @ T w/ 2 min rest, 15 min c/d w/ 6x 20s strides | 30 Easy w/ 6 strides mid run +SAM | 30 Easy w/ 6 strides mid run +SAM | 10 x 1 min uphill w/ walk down recovery | Long Run  40-50 min progression, last 20 min up tempo | Rest/x-train | 25 miles |
| 5  7/18-7/24 | 35-45 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 4 miles @ T 15 min c/d w/ 6x 20s strides | 35-45 Easy w/ 6 strides mid run +SAM | 35-45 Easy w/ 6 strides mid run +SAM | 3 x 30s,  3 x 15s,  3 x 5s  Hill sprints w/ walk down recovery | Long Run  45-55 min | Rest/x-train | 35-40 miles |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **~Weekly Mileage** |
| 6  7/25-7/31 | 40-50 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 miles + 2 miles @ T w/ 3 minutes rest, 15 min c/d w/ 6x 20s strides | 40-50 Easy w/ 6 strides mid run +SAM | 40-50 Easy w/ 6 strides mid run +SAM | 10 x 2 min Hard w/ 1 min jog recovery | Long Run  50-60 min  Progression, last 20 min up-tempo | Rest/x-train | 35-45 miles |
| 7  8/1-8/7  Summer Camp week! | 40-50 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 5 miles @ T 15 min c/d w/ 6x 20s strides | 40-50 Easy w/ 6 strides mid run +SAM | 40-50 Easy w/ 6 strides mid run +SAM | 10 x 15 sec Hill sprints | Long Run  55-65 minutes | Rest/x-train | 35-45 miles |
| 8  8/8-8/14  Down Week | 35-45 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 3 x 2 mile @ T w/ 3 min rest, 15 min c/d w/ 6x 20s strides | 40-50 Easy w/ 6 strides mid run +SAM | 40-50 Easy w/ 6 strides mid run +SAM | 4 x 15 sec, 4 x 30 sec, 4 x 5 sec hill sprints w/ walk down recovery | Long Run 55-65 minutes  Progression, last 20 min up-tempo | Rest/x-train | 30-35 miles |
| 9  8/15-8/21 | 40-55 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 2 x 3 mile @ T w/ 3 min rest, 15 min c/d w/ 6x 20s strides | 40-50 Easy w/ 6 strides mid run +SAM | 40-55 Easy w/ 6 strides mid run +SAM | 10 x 3 min Hard w/ 1 min Jog recovery | Long run  60-70 minutes | Rest/x-train | 35-45 miles |
| 10  8/22-8/28 | 40-55 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 6 miles @ T, 15 min c/d w/ 6x 20s strides | 40-50 Easy w/ 6 strides mid run +SAM | 40-55 Easy w/ 6 strides mid run +SAM | 10 x 20 sec Hill sprints w/ walk down recovery | Long run  60-75 min  Progression, last 20 min up-tempo | Rest/x-train | 35-45 miles |
| 11  8/29-9/4  Down Week | 40-55 Hilly easy run  + SAM + 6 x strides | 10 min w/u, 6 miles @ T, 15 min c/d w/ 6x 20s strides | 40-50 Easy w/ 6 strides mid run +SAM | 40-55 Easy w/ 6 strides mid run +SAM | Rest/x-train | Long Run  60-75 minutes | Rest/x-train | 30-35 miles |

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| Beginner Training Plan | |
| week | Workouts |
| 1  6/20-6/26 | 15 min x 3 days this week + 20 min Long run |
| 2  6/27-7/3 | 15 min x 3 days this week + 20 min Long run |
| 3  7/4-7/10 | 15 min x 3 days this week + 25 min Long run  Or substitute the long run for the Summer Fest 5K! |
| 4  7/11-7/17  Down Week | 20 min x 3 days this week + 25 min Long run |
| 5  7/18-7/24 | 20 min x 3 days this week + 25 min Long run |
| 6  7/25-7/31 | 20 min x 3 days this week + 30 min Long run |
| 7  8/1-8/7  Summer Camp week! | 20 min x 3 days this week + 30 min Long run |
| 8  8/8-8/14  Down Week | 25 min x 3 days this week + 30 min Long run |
| 9  8/15-8/21 | 25 min x 3 days this week + 35 min Long run |
| 10  8/22-8/28 | 25 min x 3 days this week + 35 min Long run |
| 11  8/29-9/4  Down Week | 30 min x 3 days this week + 40 min Long run |

**SAM:** We are looking to incorporate more strength and mobility training (SAM) before and after almost every run this summer. These are designed to keep us healthy and strong! These are equally as valuable as running. If your body is a car then SAM helps create the framework/structure while running helps build the engine. You can’t drive a car without a frame or an engine, so DO BOTH. These progress from hard to easy as the summer goes on. Start with SAM easy after easy days and SAM hard after hard days. After 2 weeks of SAM 1, move on to SAM 2, etc.

SAM Easy 1 – <https://youtu.be/5-2gUAOnrco>

SAM Hard 1 – <https://youtu.be/fBxLLadf_q4>

SAM Easy 2 – <https://youtu.be/1xqZb9EQr9Q>

SAM Hard 2 – <https://youtu.be/CqYjxPaMw_g>

SAM Easy 3 – <https://youtu.be/IWZwfjeiJ40>

SAM Hard 3 – <https://youtu.be/O4392DDBySk>

SAM Easy 4 – <https://youtu.be/8_hWG1WfJ-o>

SAM Hard 4 – <https://youtu.be/BcIq-o3C4lo>

SAM Hard 5 – <https://youtu.be/KTE1fjnagjQ>

**Paces/Efforts:** Our goal for summer training is to prepare you for both cross country camp and the cross country season. If you do not show up to cross country camp with some miles under your belt, you will be running significantly shorter than the rest of the team which will limit our ability to run in unique and new locations while in the Catskills. Simply put, if you do not train before camp you will miss out on a lot of the fun and excitement.

**Easy**: Easy runs should be at a conversational pace. If you have a heart rate monitor, the range should be anywhere from 120-160 for most of you. This should not feel overly taxing, and you should finish the run feeling like you could have run much further or faster. If it is hot and humid, or you are running hills, adjust the effort accordingly.

**Long:** The 5k is a 95% aerobic event, meaning long runs will help you feel strong later in the race! Most long runs will be around easy pace or a bit faster, but a **progressive long run** means we want you to start at an easy pace and pick up the pace in the last 20-30 minutes (follow the schedule). You should never feel like you are racing or running all out, but you should finish your progressive long runs 15-30 seconds faster than you started.

**Strides:** The motto we are adopting from the Sandburg High School coach is “move your feet fast everyday.” This is critical to building and maintaining top speed year round. This is what will help you to kick hard with 200-400m left in a race, and it will carry over to help with a successful track season. We are starting to incorporate these in the last 15-20 minutes of easy days as well so you can finish them without worrying about skipping them after a run. If you are too tired to do strides in the end of an easy run, you went too hard in the previous run/workout.

**Tempo/Threshold:** Every Tuesday we have scheduled what we like to call a “steady state run.” The effort here is what we like to refer to as comfortably hard. Again, we do not want you to finish ANY workouts this summer on empty, or feeling like you are red lining and just hardly getting through it. There are only so many maximum efforts you can put forth in a season, and we will channel those into our big races later in the season. The general range for pace is around 45-60 seconds slower per mile than 5k race pace. If you do not know your race pace yet, estimate an effort between easy and hard that you think you could run for about 30-45 minutes continuously.

**Fartlek:** This word stems from the Swedish term “speed play.” The goal of a Fartlek is to run between 2 mile and 5k race pace with some variability. These should not be all out sprints. They are to slowly increase fitness without the stress of hitting a time on the track in interval training. This is where the “hard” portions of your runs will come in to play.

**Hill Sprints**: World record holder and gold medalist Sebastian Coe infamously said “hills are speed work in disguise.” Hills are our secret weapon, and they will make you faster, more efficient and stronger. Short hill sprints (10s or less) are an all out effort while longer hill sprints (over 10s) are designed to improve speed endurance (think more 800-1600m pace). Take a long rest between so you are fully recovered to run your fastest each time!

**Friday Workouts:** These workouts will bounce back and forth between hill sprints, hill circuits, and fartleks. We have not listed specific warm up and cool down lengths because you can adjust those based on how much running you need to do to hit your weekly mileage goal. Adjust these as needed.