

LHSCC 2016 SUMMER TRAINING SCHEDULE

Attached is the recommended training schedule for the summer break. Training is 7 days a week and requires total commitment. Even if you cannot make it to LHS to train with the team, there is an expectation that you are still following the training schedule. Your commitment to summer training is the foundation for your success this season. You can not make up for missed summer training by training “harder” in the Fall.

VOLUNTARY TEAM TRAINING will meet at LHS Mon – Friday at 8am (on the track)

There are a few guidelines for training that everyone should follow (whether you are training with the team or not)

- 1) **Every workout begins with a brief (approx 10 – 11 min) warmup.** This warmup should be focused on dynamic, deliberate movements and should not include any static stretching. You are trying to get “your blood flowing” and muscles prepared to train. We have a very specific warm up that we use for LHSCC and it will be demonstrated daily at our practices at LHS. Otherwise a very slow jog and calisthenics
- 2) **Stick to the schedule.** The distances and workouts are specific. Mondays are the longest days and recommended mileage is gauged for new and veteran runners. Your times are not important now. But getting in the miles and pushing the pace are critical to your improvement (and preparation for the Fall season)
- 3) **Keep a run log.** A record of your training helps you (and everyone else) up to date on your success. The log will also serve to remind you of what your daily and weekly goals are. The information you record in your log will serve as a measure of your progress (forms are on the website)
- 4) **Include strength training** as part of your daily training. We will include specific workouts at LHS, but everyone should be doing planks, pushups, pull ups, lunges and toe raises on a regular basis. As you get stronger, you can add more challenging exercises.
- 5) **Every work out ends with an extended cool down.** Your recovery from training is really the beginning of your next work out. If you do not help your body recover, you will ultimately suffer. A cool down jog, relaxed static stretching and icing should be how every training run ends.
- 6) **Stick to soft surfaces.** As much as possible, avoid repeated runs on the road or sidewalk. We will be including trail runs as part of our summer schedule once we get going. Running on hard surfaces makes the cool down that much more important
- 7) **HAVE FUN!** Your attitude is as important as anything else in successful training. Run with family and friends. Enter a 5-K (to replace a workout) Cross training also offers a good work out and a break from the road

LHSCC 2016 SUMMER TRAINING SCHEDULE

Week 1

May 31st – June 5th

Monday – PLR 3 -5 miles
Tuesday – Easy 3 miles
Wednesday – Fartlek 30 minutes (5 min accelerated pace)
Thursday – Easy 3 - 4 miles
Friday – PLR 3 – 5 miles
Saturday – Easy 3 miles
Sunday – Easy 2 miles

Week 3

June 13th – June 19th

Monday – PLR 4 - 6 miles
Tuesday – Easy 4 miles
Wednesday – Fartlek 40 minutes (8 min accelerated pace)
Thursday – Easy 4 miles
Friday – PLR 4 – 6 miles
Saturday – Easy 4 miles
Sunday – Easy 3 miles

Week 5

June 27th – July 3rd

Monday – PLR 5 - 7 miles
Tuesday – Easy 5 miles
Wednesday – Fartlek 50 minutes (12 min accelerated pace)
Thursday – Easy 5 miles
Friday – PLR 5 – 7 miles
Saturday – Easy 5 miles
Sunday – Easy 3 miles

Week 7

July 11th – July 17th

Monday – PLR 5 - 7 - 9 miles
Tuesday – Easy 5 miles
Wednesday – Fartlek 50 minutes (14 min accelerated pace)
Thursday – Easy 7 miles
Friday – PLR 5 - 7 - 9 miles
Saturday – Easy 5 miles
Sunday – Easy 4 miles

Week 2

June 6th – June 12th

Monday – PLR 3 - 5 miles
Tuesday – Easy 4 miles
Wednesday – Fartlek 35 minutes (6 min accelerated pace)
Thursday – Easy 4 miles
Friday – PLR 3 – 5 miles
Saturday – Easy 4 miles
Sunday – Easy 2 miles

Week 4

June 20th – June 26th

Monday – PLR 5 - 7 miles
Tuesday – Easy 4 miles
Wednesday – Fartlek 45 minutes (10 min accelerated pace)
Thursday – Easy 5 miles
Friday – PLR 5 – 7 miles
Saturday – Easy 5 miles
Sunday – Easy 3 miles

Week 6

July 4th – July 10th

Monday – PLR 5 - 8 miles
Tuesday – Easy 5 miles
Wednesday – Fartlek 50 minutes (12 min accelerated pace)
Thursday – Easy 6 miles
Friday – PLR 5 – 8 miles
Saturday, July 4 – Easy 6 miles or run the Peachtree!
Sunday – Easy 4 miles

Week 8

July 18th – July 24th (week of summer camp)

Monday – PLR 5 - 7 - 9 miles
Tuesday – Easy 6 miles
Wednesday – Fartlek 55 minutes (14 min accelerated pace)
Thursday – Easy 7 miles
Friday – PLR 5 – 7 - 9
Saturday – Easy 6 miles
Sunday – Easy 4 miles

Week 9

July 25th – July 31st

REPEAT WEEK 8

**THIS IS THE LAST WEEK BEFORE MANDATORY PRACTICES BEGIN ON MONDAY, AUGUST 1 8am
on the LHS TRACK**

**ALL REQUIRED PAPERWORK MUST BE TURNED BEFORE RUNNERS CAN PARTICIPATE IN
OFFICIAL PRACTICES. NO EXCEPTIONS!**

August 8 First day of school

Regular after school practices begin at 3:30 in room 1213