

June 2021 (Transition Phase)

Volume	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 No Cont. -23 / -20 state/mec 16 miles	29 Rest	30 3 mi RR	31 2 mi RR	1 T & F 3AA Meet 3mi RR	2 3 mi RR	3 T & F 3AA Meet 2mi RR	4 3mi RR
Week 2 -22 / -19 state/mec 19 miles	5 Rest	6 3 mi RR	7 3mi RR	8 3mi RR	9 T & F State Meet 4mi RR	10 T & F State Meet 3mi RR	11 T & F State Meet 3 mi RR

June-July 2021 (Preparation Phase I)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3 -21 / -18 state/mec 21 miles	12 3mi RR	13 Rest	14 <b>Strength STA</b> 1.5 warm, DWU 5 x 200m hills 1.5 cool, ele, str. 4mi total	15 3mi RR	16 <b>Strength STA</b> 5mi LR	17 3mi RR	18 3mi RR
Week 4 -20 / -17 state/mec 23 miles	19 (Fathers Day) 3mi RR	20 Rest	21 <b>Strength STA</b> 1 active warm 3mi w/ 8 fartleks 1 cool, elevate, str 5mi total	22 3mi RR	23 <b>Strength STA</b> 5mi LR	24 3mi RR	25 4mi RR
Week 5 25 miles	26 4mi with final 2 miles gradual cutdown pace 4mi total	27 Rest	28 <b>Strength STA</b> 2 warm, DWU 6x 200m hills 1.5 cool, ele, str. 5mi total	29 3mi RR	30 <b>Strength STA</b> 6mi LR	July 1 3mi RR	2 4mi RR
Week 6 No Cont. 27 miles	3 5mi with final 3 miles gradual cutdown pace 5mi total	4 Rest	5 1 active warm 4mi w/ 10 fartleks 1 cool, elevate, str 6mi total	6 3mi RR	7 6mi LR	8 3mi RR	9 4mi RR
Week 7 30 miles	10 6mi with final 3 miles gradual cutdown pace 6mi total	11 Rest	12 <b>Strength STA</b> 2 warm, DWU 8 x 200m hills 2 cool, ele, str. 6mi total	13 4mi RR	14 <b>Strength STA</b> 7mi LR	15 3mi RR	16 4mi RR
Week 8 33 miles	17 6mi with final 3 miles gradual cutdown pace 6mi total	18 Rest	19 <b>Strength STA</b> 1 active warm 4mi w/ 10 fartleks 1 cool, elevate, str 6mi total	20 4mi RR	21 <b>Strength STA</b> 8mi LR	22 4mi RR	23 5mi RR

August 2021 (Preparation Phase II)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9 35 miles	24 6mi with final 3 miles gradual cutdown pace 6mi total	25 Rest	26 <b>Strength STA</b> 2 warm, DWU 8 x 200m hills 2 cool, ele, str. 6mi total	27 5mi RR	28 <b>Strength STA</b> 9mi LR	29 4mi RR	30 5mi RR
Week 10 No Cont. 27 miles	31 5mi with final 2 miles gradual cutdown pace 5mi total	Aug 1 Rest	2 1 active warm 3mi w/ 8 fartleks 1 cool, elevate, str 6mi total	3 3mi RR	4 6mi LR	5 3mi RR	6 4mi RR
Week 11 No Cont. 29 miles	7 6mi with final 3 miles gradual cutdown pace 6mi total	8 Rest	9 2 warm, DWU 8 x 200m hills 2 cool, ele, str. 6mi total	10 3mi total	11 7mi LR	12 3mi RR	13 4mi RR
Week 12 Season 1 31 miles	14 Parent Meeting 7:00pm STA WLH Rest	15 CC Starts TBD	16 TBD	17 TBD	18 TBD	19 TBD	20 TBD
Week 13 Season 2 34 miles	Aug 21 Rest	22 TBD	23 TBD	24 TBD	25 TBD	26 TBD	27 School starts next Week TBD

**Runner Name:** \_\_\_\_\_

**Total Summer Miles through August 13:** \_\_\_\_\_

**Runner Signature:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_