

June 2021 (Transition Phase)

Volume	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 No Cont. -23 / -20 state/mec 11 miles	29 Rest	30 2 mi RR	31 3 mi RR	1 T & F 3AA Meet Rest	2 3 mi RR	3 T & F 3AA Meet Rest	4 3mi RR
Week 2 -22 / -19 state/mec 13 miles	5 Rest	6 3 mi RR	7 3mi RR	8 Rest	9 T & F State Meet 4mi LR	10 T & F State Meet Rest	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 17 miles	12 2mi RR	13 Rest	14 Strength STA 1.5 warm, DWU 5 x 200m hills 1.5 cool, ele, str. 4mi total	15 3mi RR	16 Strength STA 5mi LR	17 Rest	18 3mi RR
Week 4 -20 / -17 state/mec 19 miles	19 (Fathers Day) 3mi RR	20 Rest	21 Strength STA 1 active warm 2mi w/ 8 fartleks 1 cool, elevate, str 4mi total	22 3mi RR	23 Strength STA 5mi LR	24 Rest	25 4mi RR
Week 5 23 miles	26 4mi with final 2 miles gradual cutdown pace 4mi total	27 Rest	28 Strength STA 1.5 warm, DWU 5x 200m hills 1.5 cool, ele, str. 4mi total	29 3mi RR	30 Strength STA 6mi LR	July 1 3mi RR	2 3mi RR
Week 6 No Cont. 25 miles	3 5mi with final 3 miles gradual cutdown pace 5mi total	4 Rest	5 1 active warm 3mi w/ 10 fartleks 1 cool, elevate, str 5mi total	6 3mi RR	7 6mi LR	8 3mi RR	9 3mi RR
Week 7 28 miles	10 6mi with final 3 miles gradual cutdown pace 6mi total	11 Rest	12 Strength STA 2 warm, DWU 6 x 200m hills 1.5 cool, ele, str. 5mi total	13 3mi RR	14 Strength STA 7mi LR	15 3mi RR	16 4mi RR
Week 8 30 miles	17 6mi with final 3 miles gradual cutdown pace 6mi total	18 Rest	19 Strength STA 1 active warm 4mi w/ 10 fartleks 1 cool, elevate, str 6mi total	20 3mi RR	21 Strength STA 7mi LR	22 3mi RR	23 5mi RR

August 2021 (Preparation Phase II)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9 30 miles	24 6mi with final 3 miles gradual cutdown pace 6mi total	25 Rest	26 Strength STA 2 warm, DWU 8 x 200m hills 2 cool, ele, str. 6mi total	27 3mi RR	28 Strength STA 8mi LR	29 3mi RR	30 4mi RR
Week 10 No Cont. 22 miles	31 4mi with final 2 miles gradual cutdown pace 4mi total	Aug 1 Rest	2 1 active warm 3mi w/ 8 fartleks 1 cool, elevate, str 5mi total	3 3mi RR	4 6mi LR	5 Rest	6 4mi RR
Week 11 No Cont. 28 miles	7 6mi with final 3 miles gradual cutdown pace 6mi total	8 Rest	9 2 warm, DWU 6 x 200m hills 1.5 cool, ele, str. 5mi total	10 3mi total	11 7mi LR	12 3mi RR	13 4mi RR
Week 12 Season 1 25 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 29 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: _____