

June 2021 (Transition Phase)

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

June-July 2021 (Preparation Phase I)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 3	12	13	14 Strength STA	15	16 Strength STA	17	18
12 miles	2mi RR	Rest	3mi RR	2mi RR	3mi RR	Rest	2mi RR
Week 4	19 (Fathers Day)	20	21 Strength STA	22	23 Strength STA	24	25
14 miles	3mi RR	Rest	3mi RR	2mi RR	3mi RR	Rest	3mi RR
Week 5	26	27	28 Strength STA 1 warm, DWU 4 x 200m hills 1 cool, ele, str. 3mi RR	29	30 Strength STA	July 1	2
17 miles	3mi RR	Rest		2mi RR	4mi LR	2mi RR	3mi RR
Week 6 No Cont.	3	4	5	6	7	8	9
17 miles	3mi RR	Rest	3mi RR	2mi RR	4mi LR	2mi RR	3mi RR
Week 7	10	11	12 Strength STA 1 warm, DWU 5 x 200m hills 1 cool, ele, str. 3mi RR	13	14 Strength STA	15	16
18 miles	3mi RR	Rest		2mi RR	5mi LR	2mi RR	3mi RR
Week 8	17	18	19 Strength STA 1.5 warm, DWU 5 x 200m hills 1.5 cool, ele, str. 4mi RR	20	21 Strength STA	22	23
19 miles	3mi RR	Rest		2mi RR	5mi LR	2mi RR	3mi RR

August 2021 (Preparation Phase II)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	24	25	26 Strength STA 1.5 warm, DWU 5 x 200m hills 1.5 cool, ele, str. 4mi total	27	28 Strength STA	29	30
20 miles	3mi RR	Rest		2mi RR	5mi LR	2mi RR	4mi RR
Week 10 No Cont.	31	Aug 1	2	3	4	5	6
14 miles	3mi RR	Rest	3mi RR	2mi RR	3mi RR	Rest	3mi RR
Week 11 No Cont.	7	8	9 1.5 warm, DWU 5 x 200m hills 1.5 cool, ele, str. 4mi total	10	11	12	13
20 miles	3mi RR	Rest		2mi total	5mi LR	2mi RR	4mi RR
Week 12 Season 1	14 Parent Meeting 7:00pm STA WLH	15 CC Starts	16	17	18	19	20
20 miles	Rest	TBD	TBD	TBD	TBD	TBD	TBD
Week 13 Season 2	Aug 21	22	23	24	25	26	27 School starts next Week
20 miles	Rest	TBD	TBD	TBD	TBD	TBD	TBD

Runner Name: _____

Total Summer Miles through August 13: _____

Runner Signature: _____

Parent Name: _____

Parent Signature: _____