

June 2021 (Transition Phase)

| Volume | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------|---------------|---------------|--------------------------------|---------------------------------|-----------------------------------|-----------------------------------|
| Week 1 No Cont. -23 / -20 state/mec 18 miles | 29 Rest | 30 3 mi RR | 31 3 mi RR | 1 T & F 3AA Meet 3 mi RR | 2 3 mi RR | 3 T & F 3AA Meet 3mi RR | 4 3mi RR |
| Week 2 -22 / -19 state/mec 21 miles | 5 Rest | 6 4 mi RR | 7 3mi RR | 8 3mi RR | 9 T & F State Meet 5mi LR | 10 T & F State Meet 3 mi 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 24 miles | 12 5mi 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 6mi LR | 17 3mi RR | 18 3mi RR |
| Week 4 -20 / -17 state/mec 27 miles | 19 (Fathers Day) 5mi RR | 20 Rest | 21 Strength STA 1 active warm 3mi w/ 8 fartleks 1 cool, elevate, str 5mi total | 22 3mi RR | 23 Strength STA 6mi LR | 24 4mi RR | 25 4mi RR |
| Week 5 30 miles | 26 6mi with final 3 miles gradual cutdown pace 6mi total | 27 Rest | 28 Strength STA 1.5 warm, DWU 6 x 200m hills 2 cool, ele, str. 5mi total | 29 3mi RR | 30 Strength STA 7mi LR | July 1 4mi RR | 2 5mi RR |
| Week 6 No Cont. 33 miles | 3 6mi with final 3 miles gradual cutdown pace 6mi total | 4 Rest | 5 1 active warm 4mi w/ 10 fartleks 1 cool, elevate, str 6mi total | 6 4mi RR | 7 7mi LR | 8 4mi RR | 9 6mi RR |
| Week 7 35 miles | 10 2 warmup, DWU 3mi tempo run 2 cool, elevate, str 7mi total | 11 Rest | 12 Strength STA 2 warm, DWU 7 x 200m hills 2 cool, ele, str. 6mi total | 13 4mi RR | 14 Strength STA 8mi LR | 15 5mi RR | 16 6mi RR |
| Week 8 38 miles | 17 7mi with final 3 miles gradual cutdown pace 7mi total | 18 Rest | 19 Strength STA 1 active warm 4mi w/ 10 fartleks 1 cool, elevate, str 6mi total | 20 5mi RR | 21 Strength STA 9mi LR | 22 5mi RR | 23 6mi RR |

August 2021 (Preparation Phase II)

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--|---------------------|---|-----------------|-----------------------------------|--------------|---|
| Week 9 40 miles | 24 7mi with final 3 miles gradual cutdown pace 7mi total | 25 Rest | 26 Strength STA 2 warm, DWU 8 x 200m hills 2 cool, ele, str. 6mi total | 27 6mi RR | 28 Strength STA 10mi LR | 29 5mi RR | 30 6mi RR |
| Week 10 No Cont. 30 miles | 31 2 warmup, DWU 3mi tempo run 2 cool, elevate, str 7mi | Aug 1 Rest | 2 1 active warm 3mi w/ 8 fartleks 1 cool, elevate, str 5mi total | 3 4mi RR | 4 7mi LR | 5 3mi RR | 6 4mi RR |
| Week 11 No Cont. 35 miles | 7 7mi with final 3 miles gradual cutdown pace 7mi total | 8 Rest | 9 2 warm, DWU 8 x 200m hills 2 cool, ele, str. 6mi total | 10 5mi total | 11 8mi LR | 12 4mi RR | 13 5mi RR |
| Week 12 Season 1 33 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 36 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: _____