



Questions? Contact Coach Laura Wilson: lwilson@thayer.org

2026 Team Captains

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BEFORE YOU BEGIN, PLEASE COMPLETE [THIS GOOGLE FORM](#) SO WE CAN GET TO KNOW YOU BETTER

Captains will reach out to plan Open Practices this summer

*The Thayer Fitness Center will be open Tuesday, Wednesday and Thursday mornings beginning on June 9th from 7am - 9am, and again from 11am - 1pm, beginning on Monday June 29th, please see specific dates and times noted on Announcement Page for more information if you would like to work with a strength & conditioning coach at Thayer. **Note the fitness center will not be open from 7am - 9am the weeks of July 5 & August 2. The fitness center hours of 11am - 1pm will not be available the weeks of July 13 and August 17.***

Weekly plans: Days can be switched depending on weather and your schedule

Week 1:

- Time-30 min run keep pace light especially if you are coming off a break
- Speed- 4 x 800 (try to use a smartwatch to measure, if you have one; if not quick run for about 3 min then walk for recovery)
- Recovery- static stretch and preventative drills
- intervals- 5 x 1000s easier pace
- Distance- 2 mile run own pace
- Strength training See below for exercises

Week 2:

- Time- 30 min run, light pace
- Speed- 5 x 400m (try to use a smartwatch to measure, if you have one; if not, sprint for about 1.5 min then walk for recovery)
- Recovery- static stretch and preventative drills
- intervals- 4x 1200m (5:45-6:00 pace)
- Distance- 2.5 mile run
- strength training

Week 3:

- Distance; 3 mi (8 min pace)
- Speed 200s (sprints)
- Recovery
- Intervals 1200s
- Time-2 mi
- Strength training

Week 4:

- Distance 3.5mi (8 min pace)
- Speed-800s
- Recovery
- Intervals-hill sprints
- Time-2 mi
- Strength training

week 5:

- Distance- 5mi (7:50 pace)
- Speed- 600s
- Recovery
- Intervals- 1000 x 5
- Time- 2.5 mi
- Strength training

Week 6:

- Distance- 4 mi (any pace)
- Speed- 400sx 6
- Recovery
- Intervals- 1000s
- Time- 3 mi (push pace)
- Strength training

Week 7:

- Distance- 3.1 (5k) (time yourself) -last years race pace
- Speed- 800s x4

- Recovery
- Intervals- 1200
- Optional (preseason starts next week)
- Easy strength training

Strength training options:

Pick 5 (x5) to complete (vary each week)

-sit ups

push ups

russian twists

burpees

plank (with arm raisers or without/side)

bicycles

flutter kicks

v ups

squats

Recovery

<u>Static stretches:</u> • calves • quads • glutei • groin • hamstring	<u>Preventative drills:</u> • towel toe scrunches 10x 3 each foot • toe taps 20x 3 each foot • ankle alphabet each ankle • calf raises 10 each leg • Standing lunges 10 each leg
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