

WMS Summer Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TWM
June 8-14	8 minutes or Easy	8 minutes Easy	OFF	10 minutes Easy	Cross Train	Day off	10 minutes Easy	36 min
June 15-21	10 minutes Easy	10 minutes Moderate	OFF	12 minutes Moderate	Cross Train	Day off	14 minutes Easy	46 min
June 22-28	10 minutes Easy	14 minutes Moderate	14 minutes Moderate	OFF	Cross Train	Day off	18 minutes Easy	56 min
June 29-July 5	12 minutes Easy	14 minutes Moderate	OFF	14 minutes Moderate	Cross Train	Day off	20 minutes Moderate	60 min
July 6-July 12	14 minutes Easy	18 minutes Moderate	3x2 minutes 4 min WU and CD Tempo	OFF	Cross Train	Day off	24 minutes Easy	70 min
July 13-July 19	16 minutes Easy	20 minutes Moderate	4x2 minutes 4 min WU and CD Tempo	OFF	Cross Train	Day off	28 minutes Moderate	78 min
July 20-26	18 minutes Easy	22 minutes Moderate	5x2 minutes 4 min WU and CD Tempo	OFF	Cross Train	Day off	32 minutes Easy	88 min
July 27-August 2	20 minutes Easy	24 minutes Moderate	6x2 minutes 4 min WU and CD Tempo	Off	Cross Train	Day off	36 minutes Easy	98 min
August 3-9	22 Minutes Easy	26 minutes Moderate	7x2 minutes 4 min WU and CD Tempo	<u>Mile Time Trial on own- should be able to run a mile at a 9:00 pace</u>	Cross Train	Day off	40 minutes Easy	

For anyone who did not run track, I would suggest taking a couple of weeks to build up to the first week's mileage. **Week 1:** Do three sets of the following (jog 3 minutes and walk 2 minutes), **Week 2:** Do three sets of the following (jog 4 minutes and walk 1 minute)

Please adjust the minutes you run based on your comfort level. Don't overdo the mileage and start out doing too much! It's a recipe for injury. I would like you to run at different paces on certain days. You will see where it says **Easy**, **Moderate**, or **Long**. See the description of each below. Please be sure to track your mileage.

EASY: Recovery pace. Slower than moderate, but not a snail's pace. A very relaxed pace.

MODERATE: This should be run at what I call "Conversation Pace", a pace that you can somewhat carry on a conversation with the person you are running with.. It's not hard, just a decent, enjoyable effort.

TEMPO Runs: These runs are to be done on a flat course and the same pace be maintained throughout. Your pace should be "Comfortably Hard". We will do these during some of our Fun Runs later in the Summer. Tempo runs are one of the most important tools for improving your fitness and endurance. This type of run will basically train your body so you can go harder for longer. WU = Warm-up. CD = Cool Down. Rest (walk/jog) for 1 minute between each set of 2 minutes.