

JUNE		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
Week 1	7 miles total	R		2	2 C	R		1	2
Week 2	8 miles total	R		3 C		2 c		1	2
Week 3	9 miles total		R	3 C		2	2	2 C	
Week 4	10 miles total	R		4 C		2	2 C		2
	ex.	4 R		3 C		2 C		R	at least 1 long run 3-4 miles
JULY									at least 1 long run 3-4 miles
Week 5	12 miles total								at least 1 long run 3-4 miles
Week 6	13 miles total								at least 1 long run 3-4 miles
Week 7	15 miles total								at least 2 long runs 3-4 miles
Week 8	15 miles total								at least 2 long runs 3-4 miles
Week 9	17 miles total								at least 1 long run 4-5 miles
	ex.	4 R		4	3 C		3	3	
	ex.	4	4 R		5 C		4 R		
AUGUST									
Week 10	19 miles total								at least 1 long run 4-5 miles
Week 11	20 miles total								at least 2 long runs 4-5 miles
Week 12	20 miles total								at least 2 long runs 4-5 miles
Week 13	23 miles total								at least 2 long runs 5-6 miles
	ex.	6	3 R		6	4	4 R		
	ex.	6 R		5	4	3	5 R		
		Log your daily miles above							
		*Write R for rest day							
		*Write C for cross-training day							
IMPORTANT NOTE	If you don't begin running in June, then whenever you do begin...BEGIN with WEEK 1 & follow through each week, regardless of the month/date. Follow the schedule beginning the week you start training.								
	If you fall behind one week, remain in that week's total & adjust the overall calendar schedule. If you go on vacation & won't be running, just stay where you were before you left...don't jump ahead.								
	IDEAL GOAL for returners in TOP 5: Running 20-25 miles in August								
	GOAL: to complete the calendar as prescribed								
	MIN. GOAL: to be running 15 miles/week through August								

JUNE			Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Week 1	10 miles total								
Week 2	12 miles total								
Week 3	15 miles total								
Week 4	15 miles total	ex.	4		4	3		4	
		ex.	4	3		3	3	2	
JULY									
Week 5	17 miles total								
Week 6	18 miles total								
Week 7	18 miles total								
Week 8	20 miles total								
Week 9	20 miles total								
		ex.		6	4		4	3	3
		ex.	5		5	4		6	
AUGUST									
Week 10	22 miles total								
Week 11	22 miles total								
Week 12	24 miles total								
Week 13	25 miles total								
		ex.	7	3		6	5	4	
			8		4	4	6	3	

Dynamic stretching
1. Shoulder shrugs 4-5
2. Crossover arm swings (X the front of the body) 4-5
3. Standing quad stretch (2x each leg)
4. Trunk twist (arms extended out & twist) 4-5
5. Alternate toe touches (bending over touch rt., lft.,rt.,lft.)
6. Forward leg swing (front to back; dorsi flexion in toe) 10x each leg
*on the 10th one, hold the leg out & point the toe up & down 10x
7. Side leg swings 10x
8. Lateral squat stretch (lft.—rt.—lft.—rt.) side to side; keep upper body loose 5x each leg
9. Forward step lunge (step out at 11:00 & 2:00 –slight diagonal) 5x each leg
10. Calf stretch (inch worm out & walk arms back in, then hook one foot over ankle & do calf raisers) 5x each leg
*Can add trunk rotation for stretching. (hips; back)
Dynamic drill warm-up pre-practice
walking lunges 8-10 ea. leg
walking side lunges 8-10 ea. leg

toe touches (toy soldier) 10 ea. leg (walking /skipping)
butt kicks 20 (10 ea leg)
high knees 20 (10 ea leg)
skipping arm swings (circle fwd./bkwd.) 20 can also skip backwards for this drill (for rhythm, not height)
sideways jumping jacks 20 (swing arms out & across body)
carioca w/hitch both directions
A skip (walking & then slowly skipping for rhythm)
Backwards running
Static stretching post practice hold each for 40-60 sec.
Quad (stand & grab, keep hip forward)
Hamstring (use the bench stretch, square to the bench, & bend from the hips); also seated hamstring stretch
Calves (use the wall stretch)
Hip flexor (kneeling)
IT band (cross over, sit up straight, & hug knee)
Groin (butterfly)

Core workout				<i>SworKit (app) is also a decent core workout option.</i>		
Warm-up 800m						
Unless otherwise noted, 30sec. for each drill with a 10 – 15 sec. pause in between.						
1. 1 min. plank						
2. 1 min. right side plank						
3. 1 min. left side plank						
4. Iron crossovers						
5. Over & back 1 leg						
6. Roll back, V sit up & reach through						
7. Hurdle rollovers (arm form)						
8. Iron crossovers (on belly)						
9. Push ups						
10. Squats						
11. Lunge walk w/twist (across the gym)						
12. Inch worm w/push-up (across the gym)						
13. Side plank push ups lft.						

14. Side plank push ups rt.						
15. Up to toes						
16. Burpees						
17. Crunches						
18. Superman						
19. Mountain climbers						
20. Scissors (on back)						
21. Bicycle						
22. Plank push ups (one arm at a time)						
23. Leg extensions						
24. 1 foot squats on bench (10 left & 10 right)						
25. Triceps on bench						
Stretching circle						