**Summer Mileage Chart and Goals – June 2014**

**Black Group**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Weekof | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Weekly Total |
| 15 (4) | Jun 2 | 3 miles easy | 3 miles easy | off | 3 miles easy | 2 miles easy | 4 miles easy | off |  |
| 15 (4) | Jun 9 | TEAM8:30 am SMMHS3 miles easy | TEAM8:30 am SMMHS3 miles easy | off | TEAM8:30 am SMMHS4 miles easy | 2 miles easy | 3 miles easy | off |  |
| 17 (5) | Jun 16 | TEAM8:30 am SMMHS3 miles easy | TEAM8:30 am SMMHS4 miles easy | Off | TEAM8:30 am SMMHS5 miles easy | 2 miles easy | 3 miles easy | off |  |
| 20 (5) | Jun 23 | Junior/Senior Leadership Week4 miles easy | 4 miles easy | off | 4 miles easy | 5 miles easy | 3 miles easy | off |  |
|  | Month’s Total Mileage |  |

* Per mile pace should be 2-3+ minutes slower than your 5k per mile pace (conversation pace). If you don’t know your 5k pace run at a speed that allows you to achieve the goal distance **without** stopping to walk.
* Weight Training/Cross Training will take place on Tuesday and Thursday “TEAM” practice days before/after running.
* Junior/Senior Leadership week will consist of seniors and juniors getting underclassmen together to run. Coaches will not be present at practices. Continuing with the summer schedule is one of our keys to success.
* We will meet at the pavilion for all group practice throughout the summer and season.
	+ 8:30am during the summer
	+ 3:00pm July 28th –August 1st

**Summer Mileage Chart and Goals – July 2014**

**Black Group**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Weekof | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Weekly Total |
| 25 (5) | Jul 7 | TEAM8:30 am SMMHS3 miles easy | TEAM8:30 am SMMHS3 miles AM and 2 miles PM | TEAM8:30 am Greenway Farms4 miles easy | TEAM8:30 am SMMHS3 miles in AM & 2 miles in PM | TEAM8:30 am Enterprise S. Park5 miles easy | 3 miles easy | Off  |  |
| 30 (6) | Jul 14 | TEAM8:30 am SMMHS4 miles easy | TEAM8:30 am SMMHS3 miles in AM & 3 miles in PM | TEAM8:30 am SMMHS4 miles easy | TEAM8:30 am SMMHS3 miles in AM & 3 miles in PM | TEAM8:30 am SMMHS6 miles | 4 miles  | Off |  |
| 35 | Jul 21 | 3 miles in AM and 3 in PMSewanee Camp | 3 miles in AM and 3 in PMSewanee Camp | 3 miles in AM and 3 in PMSewanee Camp | 3 miles in AM and 3 in PMSewanee Camp | 2 miles in AM and 2 in PMSewanee Camp | 7 miles steady continuousSewanee Camp | Off |  |
| 32-33 | Jul 28 | TEAM3 pm SMMHS6 miles easy | TEAM3 pm SMMHS3 miles warm-up, 2x long hill and 1 x short hill2 mile cooldown | TEAM3 pm SMMHS5 miles easy | TEAM3 pm SMMHS20 min warm-up, farklek 2x4 min. with 4 min recoveries10 min cooldown 46 min total | TEAM3 pm SMMHS4 miles easy | 5-6 miles easy | Off |  |
|  | Month’s Total Mileage |  |

* Per mile pace should be 2-3+ minutes slower than your 5k per mile pace (conversation pace). If you don’t know your 5k pace run at a speed that allows you to achieve the goal distance **without** stopping to walk.
* Weight Training/Cross Training will take place on Tuesday and Thursday “TEAM” practice days before/after running.
* We will meet at the pavilion for all group practice throughout the summer and season.
	+ 8:30am during the summer
	+ 3:00pm July 28th –August 1st

**Summer Mileage Chart and Goals – June 2014**

**Red Group**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Weekof | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Weekly Total |
| 18 (4) | Jun 2 | 3 miles easy | 4 miles easy | off | 4 miles easy | 3 miles easy | 4 miles easy | off |  |
| 20 (5) | Jun 9 | TEAM8:30 am SMMHS4 miles easy | TEAM8:30 am SMMHS4 miles easy | off | TEAM8:30 am SMMHS5 miles easy | 3 miles easy | 4 miles easy | off |  |
| 22 (5) | Jun 16 | TEAM8:30 am SMMHS4 miles easy | TEAM8:30 am SMMHS3 miles in AM & 2 miles in PM | off | TEAM8:30 am SMMHS5 miles easy | 4 miles easy | 4 miles easy | off |  |
| 24 (6) | Jun 23 | Junior/Senior Leadership Week4 miles easy | 5 miles easy | off | 4 miles easy | 6 miles easy | 3 miles in AM & 2 miles in PM | off |  |
|  | Month’s Total Mileage  |  |

* Per mile pace should be 2-3+ minutes slower than your 5k per mile pace (conversation pace). If you don’t know your 5k pace run at a speed that allows you to achieve the goal distance **without** stopping to walk.
* Weight Training/Cross Training will take place on Tuesday and Thursday “TEAM” practice days before/after running.
* Junior/Senior Leadership week will consist of seniors and juniors getting underclassmen together to run. Coaches will not be present at practices. Continuing with the summer schedule is one of our keys to success.
* We will meet at the pavilion for all group practice throughout the summer and season.
	+ 8:30am during the summer
	+ 3:00pm July 28th –August 1st

**Summer Mileage Chart and Goals – July 2014**

**Red Group**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Weekof | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Weekly Total |
| 30 (6) | Jul 7 | TEAM8:30 am SMMHS5 miles easy | TEAM8:30 am SMMHS3 miles AM and 2 miles PM | TEAM8:30 am Greenway Farms5 miles easy | TEAM8:30 am SMMHS3 miles in AM & 2 miles in PM | TEAM8:30 am Enterprise S. Park6 miles easy | 4 miles easy | OffBrevard Distance Camp |  |
| 35 (7) | Jul 14 | TEAM8:30 am SMMHS6 miles easyBrevard Distance Camp | TEAM8:30 am SMMHS3 miles in AM & 3 miles in PMBrevard Distance Camp | TEAM8:30 am SMMHS6 miles easyBrevard Distance Camp | TEAM8:30 am SMMHS3 miles in AM & 3 miles in PMBrevard Distance Camp | TEAM8:30 am SMMHS4 milesBrevard Distance Camp | 7 miles steady continuous Brevard Distance Camp | off |  |
| 45 | Jul 21 | 4 miles in AM and 3 in PMSewanee Camp | 4 miles in AM and 3 in PMSewanee Camp | 5 miles in AM and 2 in PMSewanee Camp | 4 miles in AM and 3 in PMSewanee Camp | 5 miles in AM and 3 miles in PMSewanee Camp | 6 miles in AM and 3 in PMSewanee Camp | off |  |
| 42-45 | Jul 28 | TEAM3 pm SMMHS9 miles easy | TEAM3 pm SMMHS3 miles warm-up, 3x long hill and 2 x short hill2 mile cooldown | TEAM3 pm SMMHS7 miles easy | TEAM3 pm SMMHS20 min warm-up, farklek 3x4 min. with 4 min recoveries10 min cooldown 54 min total | TEAM3 pm SMMHS5 miles easy | 8 miles easy | off |  |
|  | Month’s Total Mileage |  |

* Per mile pace should be 2-3+ minutes slower than your 5k per mile pace (conversation pace). If you don’t know your 5k pace run at a speed that allows you to achieve the goal distance **without** stopping to walk.
* Weight Training/Cross Training will take place on Tuesday and Thursday “TEAM” practice days before/after running.
* We will meet at the pavilion for all group practice throughout the summer and season.
	+ 8:30am during the summer
	+ 3:00pm July 28th –August 1st
* If you want to run more miles than this, talk to Coach Carpenter!