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

**Black Group**

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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Goal Miles (long run) | Week  of | 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 | TEAM  8:30 am SMMHS  3 miles easy | TEAM  8:30 am SMMHS  3 miles easy | off | TEAM  8:30 am SMMHS  4 miles easy | 2 miles easy | 3 miles easy | off |  |
| 17 (5) | Jun 16 | TEAM  8:30 am SMMHS  3 miles easy | TEAM  8:30 am SMMHS  4 miles easy | Off | TEAM  8:30 am SMMHS  5 miles easy | 2 miles easy | 3 miles easy | off |  |
| 20 (5) | Jun 23 | Junior/Senior Leadership Week  4 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) | Week  of | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Weekly Total |
| 25 (5) | Jul 7 | TEAM  8:30 am SMMHS  3 miles easy | TEAM  8:30 am SMMHS  3 miles AM and 2 miles PM | TEAM  8:30 am Greenway Farms  4 miles easy | TEAM  8:30 am SMMHS  3 miles in AM & 2 miles in PM | TEAM  8:30 am Enterprise S. Park  5 miles easy | 3 miles easy | Off |  |
| 30 (6) | Jul 14 | TEAM  8:30 am SMMHS  4 miles easy | TEAM  8:30 am SMMHS  3 miles in AM & 3 miles in PM | TEAM  8:30 am SMMHS  4 miles easy | TEAM  8:30 am SMMHS  3 miles in AM & 3 miles in PM | TEAM  8:30 am SMMHS  6 miles | 4 miles | Off |  |
| 35 | Jul 21 | 3 miles in AM and 3 in PM  Sewanee Camp | 3 miles in AM and 3 in PM  Sewanee Camp | 3 miles in AM and 3 in PM  Sewanee Camp | 3 miles in AM and 3 in PM  Sewanee Camp | 2 miles in AM and 2 in PM  Sewanee Camp | 7 miles steady continuous  Sewanee Camp | Off |  |
| 32-33 | Jul 28 | TEAM  3 pm SMMHS  6 miles easy | TEAM  3 pm SMMHS  3 miles warm-up, 2x long hill and 1 x short hill  2 mile cooldown | TEAM  3 pm SMMHS  5 miles easy | TEAM  3 pm SMMHS  20 min warm-up, farklek 2x4 min. with 4 min recoveries  10 min cooldown  46 min total | TEAM  3 pm SMMHS  4 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) | Week  of | 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 | TEAM  8:30 am SMMHS  4 miles easy | TEAM  8:30 am SMMHS  4 miles easy | off | TEAM  8:30 am SMMHS  5 miles easy | 3 miles easy | 4 miles easy | off |  |
| 22 (5) | Jun 16 | TEAM  8:30 am SMMHS  4 miles easy | TEAM  8:30 am SMMHS  3 miles in AM & 2 miles in PM | off | TEAM  8:30 am SMMHS  5 miles easy | 4 miles easy | 4 miles easy | off |  |
| 24 (6) | Jun 23 | Junior/Senior Leadership Week  4 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) | Week  of | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Weekly Total |
| 30 (6) | Jul 7 | TEAM  8:30 am SMMHS  5 miles easy | TEAM  8:30 am SMMHS  3 miles AM and 2 miles PM | TEAM  8:30 am Greenway Farms  5 miles easy | TEAM  8:30 am SMMHS  3 miles in AM & 2 miles in PM | TEAM  8:30 am Enterprise S. Park  6 miles easy | 4 miles easy | Off  Brevard Distance Camp |  |
| 35 (7) | Jul 14 | TEAM  8:30 am SMMHS  6 miles easy  Brevard Distance Camp | TEAM  8:30 am SMMHS  3 miles in AM & 3 miles in PM  Brevard Distance Camp | TEAM  8:30 am SMMHS  6 miles easy  Brevard Distance Camp | TEAM  8:30 am SMMHS  3 miles in AM & 3 miles in PM  Brevard Distance Camp | TEAM  8:30 am SMMHS  4 miles  Brevard Distance Camp | 7 miles steady continuous  Brevard Distance Camp | off |  |
| 45 | Jul 21 | 4 miles in AM and 3 in PM  Sewanee Camp | 4 miles in AM and 3 in PM  Sewanee Camp | 5 miles in AM and 2 in PM  Sewanee Camp | 4 miles in AM and 3 in PM  Sewanee Camp | 5 miles in AM and 3 miles in PM  Sewanee Camp | 6 miles in AM and 3 in PM  Sewanee Camp | off |  |
| 42-45 | Jul 28 | TEAM  3 pm SMMHS  9 miles easy | TEAM  3 pm SMMHS  3 miles warm-up, 3x long hill and 2 x short hill  2 mile cooldown | TEAM  3 pm SMMHS  7 miles easy | TEAM  3 pm SMMHS  20 min warm-up, farklek 3x4 min. with 4 min recoveries  10 min cooldown  54 min total | TEAM  3 pm SMMHS  5 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!