

Returning Runners June-July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Finals	3 Finals	4 Finals & Graduation	5 OFF or 20-30 mins @ easy effort	6 OFF	7 OFF or 20-30 mins @ easy effort	8 OFF
9 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	10 <u>Tempo Fartlek:</u> 5:00 easy jog, 5:00 @ tempo, 1:00 @ easy jog, 5:00 @ tempo, 1:00 easy jog, 5:00 cooldown jog	11 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	12 <u>Interval Fartlek:</u> 5:00 easy jog, 12:00 (1:00 @ hard, 2:00 @ easy, 5:00 cooldown jog	13 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	14 <u>Long Run:</u> 30-45 mins @ easy effort	15 OFF
16 20-30 mins @ easy effort	17 <u>Tempo Fartlek:</u> 5:00 easy jog, 5:00 @ tempo, 1:00 @ easy jog, 5:00 @ tempo, 1:00 easy jog, 5:00 cooldown jog	18 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	19 <u>Interval Fartlek:</u> 5:00 easy jog, 15:00 (1:00 @ hard, 2:00 @ easy, 5:00 cooldown jog	20 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	21 <u>Long Run:</u> 30-45 mins @ easy effort	22 OFF
23 20-30 mins @ easy effort	24 <u>Tempo Fartlek:</u> 5:00 easy jog, 5:00 @ tempo, 1:00 @ easy jog, 5:00 @ tempo, 1:00 easy jog, 5:00 @ tempo, 1:00 easy jog, 5:00 cooldown jog	25 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	26 <u>Interval Fartlek:</u> 5:00 easy jog, 18:00 (1:00 @ hard, 2:00 @ easy, 5:00 cooldown jog	27 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	28 <u>Long Run:</u> 30-45 mins @ easy effort	29 OFF

30 20-30 mins @ easy effort	1 <u>Tempo Fartlek</u> : 5:00 easy jog, 5:00 @ tempo, 1:00 @ easy jog, 5:00 @ tempo, 1:00 easy jog, 5:00 @ tempo, 1:00 easy jog, 5:00 cooldown jog	2 OFF or X-Train (bike, hike, swim) or 20-30 mins @ easy effort	3 <u>Interval Fartlek</u> : 5:00 easy jog, 21:00 (1:00 @ hard, 2:00 @ easy, 5:00 cooldown jog	4 20-30 mins @ easy effort	5 <u>Long Run</u> : 30-45 mins @ easy effort	6 OFF
Official Team Practice Begins Monday, July 7th at 6:00 AM (YHS Track)						

Training Notes:

- **Tempo Fartlek:** begin with 5:00 minutes of easy running (think warm-up), then take a short break (about 1:00 minute) and begin the workout. 5:00 minutes at tempo (comfortably hard, or about 1:00 slower than mile race pace), followed by 1:00 of easy running (recovery). During weeks 1 and 2 you will cycle through the 5:00/1:00 twice and during weeks 3 and 4 you will cycle through 3 times. After completing the workout take a few minutes to get some water and finish with 5:00 minutes of easy running (cooldown).
- **Interval Fartlek:** begin with 5:00 minutes of easy running (think warm-up), then take a short break (about 1:00 minute) and begin the workout. The workout is to run the specified time (i.e. 12:00), alternating between hard effort (5K) and easy (jog). After completing the workout take a few minutes to get some water and finish with 5:00 minutes of easy running (cooldown).
- **Optional:** on 20-30 min easy effort days you can add 4 x 100 strides at 1600 effort with about 1:00 rest (only once or twice per week).

Minimum Mileage Goals:

	Week 1	Week 2	Week 3	Week 4
Girls	8-11 miles	11-14 miles	14-17 miles	17-20 Miles
Boys	9-13 miles	13-17 miles	17-21 miles	21-25 miles