

Summer Training Recommendations

- Vary your workouts throughout different parts of the day (morning, heat of midday, and evening)
 - We race at 4:30 PM on Fridays during the season, so you'll need to be comfortable running in the heat
- A long day hike (5+ miles with 1,000+ feet of elevation gain) is a great substitute for a day of running
- Make sure that you are adequately hydrating and fueling for exercise
 - There is an important nutrition window within 30 minutes following a workout. Be sure to rehydrate and consume carbohydrates (granola, crackers, chocolate milk, etc) and proteins (nuts, peanut butter, protein shake, yogurt, etc.)
- Ice your shins and inside of your lower legs following runs to prevent shin splints
- Do dynamic stretches prior to running and static stretches after running
- Don't forget your CORE exercises
- If you need new shoes (more than one year old or have more than 300 miles on them), get them NOW before the season begins

Summer Training Schedule

[Beginner](#) - Assumes that you have not been running over the last two months and need to get moving

[Intermediate](#) - Assumes that you have been running 3-5 miles three days per week for the last month

[Advanced](#) - Assumes that you have been running 5+ miles five days per week for the last month