

Updated Summer 2022 Training Schedule

On Saturdays, athletes should run on their own or with a group. On Sundays, athletes should rest or cross-train (swim, bike, etc.)

Monday	Tuesday	Wednesday	Thursday	Friday
6/27: HRHS- 8am-about 9:15 <i>Meet at the bench in between roundabout and staff lot</i> <ul style="list-style-type: none"> Overview of season with Coaches 4-6 mile progressive run 	6/28: Daniels Park- 8am-about 9:30am <i>Meet at the Grigs Rd Pavilion</i> <ul style="list-style-type: none"> 2-4x mile repeats 	6/29: HRHS- 8am-about 9:15 <i>Meet at the bench</i> <ul style="list-style-type: none"> Overview of Qman Requirements 1 hour of weights OYO: 2-5 miles easy on your own or with a group 	6/30: Wash Park- 8am-about 9:30 <i>Meet in the South High School parking lot at the corner of Franklin St. & Louisiana Ave</i> <ul style="list-style-type: none"> 5-9 miles 	7/1: On Your Own (OYO) or with a group <ul style="list-style-type: none"> 3-5 miles easy 1x15 second, 1x30 second, 1x45 second strides after
7/4: NO PRACTICE Happy 4th of July!	7/5: Daniels Park- 8am-about 9:00am <i>Meet at the Grigs Rd Pavilion</i> <ul style="list-style-type: none"> 3-5.5 miles with a 75 second pick up each mile 	7/6: HRHS- 8am-about 9:00 <i>Meet at the outdoor weight room entrance near the commons</i> <ul style="list-style-type: none"> 1 hour of weights OYO: 2-5 miles easy on your own or with a group 	7/7: Cherry Creek Reservoir- 8am-about 9:30 <i>meet in the Cherry Creek HS Parking Lot at the corner of Union Ave & Dayton St</i> <ul style="list-style-type: none"> 5.5-9.5 miles 	7/8: On your own or with a group <ul style="list-style-type: none"> 3-5 miles easy 1x15 second, 1x30 second, 1x45 second hills after
7/11: HRHS- 8am-about 9:00 <i>Meet at the outdoor weight room entrance near the commons</i> <ul style="list-style-type: none"> 1 hour of weights OYO: 2-5 miles easy on your own or with a group 	7/12: Daniels Park- 8am-about 9:30am <i>Meet at the Grigs Rd Pavilion</i> <ul style="list-style-type: none"> 5.5-9.5 miles 	7/13: HRHS- 8am-about 9:00 <i>Meet at the outdoor weight room entrance near the commons</i> <ul style="list-style-type: none"> 1 hour of weights OYO: 2-5 miles easy on your own or with a group 	7/14: HRHS- 8am-about 9am <i>Meet at the bench</i> <ul style="list-style-type: none"> Lumberjack 	7/15: On your own or with a group <ul style="list-style-type: none"> 3.5-5.5 miles with 4x40 second stride after
7/18: HRHS- 8am-about 9:00 <i>Meet at the outdoor weight room entrance near the commons</i> <ul style="list-style-type: none"> 1 hour of weights OYO: 2-5 miles easy on your own or with a group 	7/19: Daniels Park- 8am-about 9:00am <i>Meet at the Grigs Rd Pavilion</i> <ul style="list-style-type: none"> 4-6.5 miles with a 60 second & 15 second pick up each mile 	7/20: HRHS- 8am-about 9:00 <i>Meet at the outdoor weight room entrance near the commons</i> <ul style="list-style-type: none"> 1 hour of weights OYO: 2-5 miles easy on your own or with a group 	7/21: Red Rocks- 8am-about 9:15 <i>Meet at the Trading Post parking lot</i> <ul style="list-style-type: none"> Stairs 	7/22: On your own or with a group <ul style="list-style-type: none"> 5.5-10.5 miles
7/25: Camp For those not attending camp: <ul style="list-style-type: none"> 4-6.5 miles easy with 5x15 second strides after 	7/26: Camp For those not attending camp: <ul style="list-style-type: none"> 3-5 miles with 3x800 after 	7/27: Camp For those not attending camp: <ul style="list-style-type: none"> 4-6 miles easy with 3x35 second hills after 	7/28: Camp For those not attending camp: <ul style="list-style-type: none"> 5.5-11.5 miles 	7/29: On your own or with a group <ul style="list-style-type: none"> 3.5-5 miles easy
8/1: OYO <ul style="list-style-type: none"> 4-6.5 miles with a 75 second pick up each mile 	8/2: OYO <ul style="list-style-type: none"> 3.5-5 miles easy 	8/3: OYO <ul style="list-style-type: none"> Speed- 400 repeats (3-5 400s at race pace) 	8/4: OYO <ul style="list-style-type: none"> Long run (4-10 miles or whatever your long run is at) 	8/5: OYO <ul style="list-style-type: none"> 3.5-5 miles easy

Summer Training- \$75

[My School Bucks payment:](#)



Remind 101 Sign

Text @9ekk8bb to

Summer Camp- July 25th-28th; \$350 – See all information below. Sign up no later than July 11, 2022.

[Information & Itinerary:](#)



Up

81010 to sign up for our

[My School Bucks Payment:](#)



team's Remind 101.

[RSVP](#) (if you haven't already)



Q-Man Updates

Q-Man will be Saturday, August 13 this year! We need as much help as we can get.

We need as many donations as possible:

- ☐ Food & Water:
 - ☐ Grocery store gift cards donations are great (we can use them as prizes or to buy the food for the race & community race)
 - ☐ Oranges, bananas, & snack food for the athletes & the community race (can be bought with the donated gift cards or as donations themselves)
 - ☐ About 900 bottles of water (roughly 29 cases). This can be donated by a company (and we can put their logo on our shirts) or by anyone
- ☐ Prizes
 - ☐ Gift cards from local businesses
 - ☐ Running gear, gym gear, etc.
- ☐ Carnival Vendors
 - ☐ Local vendors set up tents at the carnival with games/prizes/information (examples: CycleBar, Manic Training, Longmont Dairy, etc.)

[Here is a link](#) to the sponsor letter to provide businesses with (also on the QR code to the right).

Please email BOTH Coach Chase (mchase1@dcsdk12.org) & Coach Bliven (jbliven@dcsdk12.org) if you have any questions OR if you received a donation (so we can keep a list).



Planning Ahead: 2022 Race Schedule

Saturday, August 13: Qman

Saturday, August 27: Cherry Creek

Saturday, September 10: Liberty Bell

Friday, September 23: 2 Mile Time Trial

Tuesday, September 27: Runners Roost (pack run)

Saturday, October 1: Northfield Nighthawk Invite

Saturday, October 8: Windjammer

Thursday, October 13: League Championship

Wednesday, October 19 or Thursday, October 20: Regional Championship

Saturday, October 29: State Championship