



- Training on your own
 - Track Distance Runners
 - Take two weeks off of distance training from when your season ended. Do supplemental training during those two weeks.
 - Track Mid-Distance Runners
 - Take one week off from when your season ended. Do supplemental training that week.
 - Non-track athletes should start building your stamina right away!
 - If you've struggled with injury-consult your doctor, physical therapist, and/or the HHS athletic trainer to develop a plan to return safely. Take as much time off as you need to get better. The last thing we want is for you to worsen your injury.
- Mileage
 - Starting Weekly Mileage in June
 - Titans (1st-2nd season as a high school distance runner): 15 miles
 - Olympians (3rd-5th SEASON as a high school distance runner): 18 miles
 - Swansons (6th-7th SEASON as a high school distance runner): 30 miles
 - Increasing mileage
 - Never increase your weekly mileage by more than 10% from week to week.
- Supplemental Training Options
 - **Lifting:** Sign up for Athletic Development with Coach Jenisch! He is an expert. Mondays-Thursdays in June and July. If you want to run varsity and prevent injury, this is a big opportunity. Doing an Athletic Development workout is equivalent to running 3 miles.
 - **Biking:** Swap biking for running and triple the mileage to get an equivalent workout. (Instead of running 3 miles, I would bike 9 miles)
 - **Hiking:** Swap for running and triple the mileage to get an equivalent workout.
 - **Swimming:** Swap for running and do 1/6th of the mileage for an equivalent workout. (Instead of running 3 miles, I would swim half a mile)
 - **Pick up games** (Basketball, soccer, baseball, spikeball, volleyball, ect.): Play that game for the amount of time you would be running to get an equivalent workout.
 - **Plyometric and Core workouts:** Do these exercises for the amount of time you would be running to get an equivalent workout.
- Keys to Success
 - Stay active 5-6 days a week.
 - Document! If you write it down and check it off, you are more likely to stick to your plan.
 - **Work together!**



- Sample Off-Season Weekly Schedules: Week 1-Olympians

Day	Mileage Equivalent	Workout	Total Mileage Equivalent
Monday	3 Miles	1 mile warm up, stretch, 2 mile run, stretch	3
Tuesday	3 Miles	Play basketball with friends for at least 24 mins, stretch	6
Wednesday	2 Miles	2 mile jog, stretch	8
Thursday	3 Miles	Bike 9 miles, stretch	11
Friday	3 Miles	½ mile swim, stretch	14
Saturday	4 Miles	1 mile warm up, stretch, 2 mile run, stretch	18
Sunday	Rest. Next week's mileage goal is current mileage plus 10%. $(.1 \times 18) + 18 = 19.8$ Miles. Round up to 20 miles.		

Week 2-Olympians

Day	Mileage Equivalent	Workout	Total Mileage Equivalent
Monday	4 Miles	1 mile warm up, stretch, 3 mile run, stretch	4
Tuesday	3 Miles	Play spikeball with friends for at least 24 mins, stretch	7
Wednesday	2 Miles	6 mile hike, stretch	9
Thursday	3 Miles	Bike 9 miles, stretch	12
Friday	3 Miles	24 mins of plyo/core workout, stretch	15
Saturday	5 Miles	1 mile warm up, stretch, 4 mile run, stretch	20
Sunday	Rest. Next week's mileage goal is current mileage plus 10%. $(.1 \times 20) + 20 = 22$ Miles.		