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| June | 2021 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  | 4miSC | 4miLM |
| 6 | 7 | 8 | 9 | 10 |  | 12 |
| 6 miSC | 1 mile warm-upLeg drills, 6x Hills 30-45sec walk downMile cool down | 5miLMSC | 5 miTKGT | 4 miLMSC | **VO2 Max** /Mile warm-up/drillsApprox. 2 Miles Max effortOn track or Jr High CourseMile cool down | 5 miTKGT |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 7 miSC | 5miLMSC |  5 miTKGT |  Hills LM | rest | 4 miTKSC |  **Tempo**Warm up 1 mileModerate/Hard pace4milesEasy mile cool down |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 6 miSC | Hills LM | 5 miTKGT |  6 mi LMSC | 4 mi LMSC | 6miTKGT | 5 miLMSC |
| 27 | 28 | 29 | 30 |  |  |  |
| [Jessica L. Andrucheck Memorial 5K](https://docs.google.com/forms/d/e/1FAIpQLSf7lCpkRAs2dv6dgeLksmoRk2eq32MRgbyO8KS-V_cytRqXlQ/viewform) or VO2max | 6 miLMSC | rest | 6 miLMSC |  |  |  |

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| summer workoutseveryone should have a watchdoesn’t have to be an expensive Garmin or Apple watch a $19 one is fine-  | Effort Level(RR)-Recovery Run/conversational pace**Lifting Plan**Doing the LM TK GT and SC are great strength workouts with little to no equipment. If you want to add option weight room, I’ll post a plan | Strength[Lunge Matrix (LM)](https://www.youtube.com/watch?v=GJo7_MiRLkU&list=PLUzqPLVEQwhfDFhae0qeR5IxAbddi_nmL&index=2)This is a great warm-up[Tomahawk (TK](https://strengthrunning.com/2014/04/tomahawk-medicine-ball-workout/)[Gauntlet (GT)](https://www.youtube.com/watch?v=4ipd7IbsKZs)[Standard Core (SC)](https://www.youtube.com/watch?v=3UXuWjFZUZc) | MileageThis is a max mileage planAdjust the miles as needed/ cut the plan in ½ if neededAt least one run a week should be on a trail! **Warm up** before every runRunning drills and or LM**Stretch** after every workoutHydrate, sleep and eat Healthy  | Mental TrainingLog your mileage for accountability On Strava or paper or somethingGet together with a groupDo some summer readingThere are loads of inspirational motivational running books out there. Pick one that will motivate YOU Follow some athletes online **Have fun**Cross train-swim, play basketball, soccer, manhunt.. |
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