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| June | 2021 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  | 4mi  SC | 4mi  LM |
| 6 | 7 | 8 | 9 | 10 |  | 12 |
| 6 mi  SC | 1 mile warm-up  Leg drills, 6x Hills  30-45sec walk down  Mile cool down | 5mi  LM  SC | 5 mi  TK  GT | 4 mi  LM  SC | **VO2 Max** /Mile warm-up/drills  Approx. 2 Miles Max effort  On track or Jr High Course  Mile cool down | 5 mi  TK  GT |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 7 mi  SC | 5mi  LM  SC | 5 mi  TK  GT | Hills  LM | rest | 4 mi  TK  SC | **Tempo**  Warm up 1 mile  Moderate/Hard pace  4miles  Easy mile cool down |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 6 mi  SC | Hills  LM | 5 mi  TK  GT | 6 mi  LM  SC | 4 mi  LM  SC | 6mi  TK  GT | 5 mi  LM  SC |
| 27 | 28 | 29 | 30 |  |  |  |
| [Jessica L. Andrucheck Memorial 5K](https://docs.google.com/forms/d/e/1FAIpQLSf7lCpkRAs2dv6dgeLksmoRk2eq32MRgbyO8KS-V_cytRqXlQ/viewform) or VO2max | 6 mi  LM  SC | rest | 6 mi  LM  SC |  |  |  |

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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) | Mileage This is a max mileage plan  Adjust the miles as needed/ cut the plan in ½ if needed  At least one run a week should be on a trail!  **Warm up** before every run  Running drills and or LM  **Stretch** after every workout  Hydrate, sleep and eat Healthy | Mental Training Log your mileage for accountability  On Strava or paper or something  Get together with a group  Do some summer reading  There 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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