

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				6 mi LM SC	4 mi GT TK	6 mi LM SC
4	5	6	7	8	9	10
8 LM	1 mile warm-up Leg drills, 8x Hills 30-45sec walk down Mile cool down	7 GT LM	7 TK LM	Tempo Warm up 1 mile Moderate/Hard pace 4miles	rest	7 SC LM
11	12	13	14	15	16	17
8 LM	5 GT TK	7 LM	2 mile warm up 3x mile repeats Work=rest 2 mile cool down	5 LM TK	6 LM GT	rest
18	19	20	21	22	23	24
7 LM	Hills 5 miles LM	6 SC	Pick ups 7mi GT SC	6 LM	6 LM TK	6 SC
25	26	27	28	29	30	31
8 LM	Temp 6 miles TK GT	6 LM SC	6 LM SC	rest	6 TK LM	6 GT LM

summer workouts

everyone should have a watch

doesn'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)

This is a great warm-up

Tomahawk (TK)

Gauntlet (GT)

Standard Core

(SC)

Mileage

July is assuming you did June's workouts

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..