

Running Expectations-Summer 2017

I expect everyone to follow these guidelines to be ready for camp and for 2 a days in August. If you do not get the appropriate amount of distance in this summer, you will get hurt and possibly have to sit out the entire season. Please don't be a casualty!!

New Runners

Each Week: 2 tempo days/1 LSD/1interval/2 easy

Week 1:	May 29 th -June 4 th :	15 miles
Week 2:	June 5 th -11 th :	16 miles
Week 3:	June 12 th -18 th :	18 miles
Week 4:	June 19 th -25 th :	20 miles
Week 5:	June 26 th -July 2 nd :	22 miles
Week 6:	July 3 th -9 th :	24 miles
Week 7:	July 10 th -16 th :	26 miles
Week 8:	July 17 th -23 rd :	28 miles

Returning Runners

Each Week: 2 tempo days/1 LSD/1interval/2 easy

Week 1:	May 29 th -June 4 th :	20 miles
Week 2:	June 5 th -11 th :	22 miles
Week 3:	June 12 th -18 th :	25 miles
Week 4:	June 19 th -25 th :	26 miles
Week 5:	June 26 th -July 2 nd :	29 miles
Week 6:	July 3 rd -9 th :	32 miles
Week 7:	July 10 th -16 th :	35 miles
Week 8:	July 17 th -23 rd :	37 miles

Send me your distances via the online log or by email every Sunday!!

<http://www.runningahead.com>

May/June

(new runners in **bold**; returning runners in plain text)

	Monday	Tuesday	Wed.	Thur.	Friday	Saturday	Sunday	total
1	29 2/3miles- easy	30 4/5 LSD	31 2/3 miles tempo	1 1/2 mile interval	2 2/4 miles easy	3 4/6 LSD	4 rest	15/20
2	5 2.5/3.5 tempo	6 3/4 easy Team run	7 2.5/3.5 tempo	8 5/6 LSD Team run	9 2/3 easy	10 1/2 interval	11 rest	16/22
3	12 3/4 tempo	13 3/4 easy Team run	14 3/4 tempo	15 5/7 LSD2 Team run	16 2/3 easy	17 2/ interval	18 rest	18/25
4	19 3/4 temp	20 4/5 easy Team run	21 2/3 interval	22 3 tempo Team run	23 2/3 easy	24 6/8 LSD	25 rest	20/26
5	26 4/5 tempo	27 Team run 4/5 LSD	28 2/4 miles tempo	29 Team run 5 miles	30 2/4 miles easy	2 4/6 LSD	3 rest	22/29

	Monday	Tuesday	Wed.	Thur.	Friday	Saturday	Sunday	total
5	26 3/4 tempo	27 team run 5/6 LSD	28 2/3 miles tempo	29 Team run 6 miles	30 2/4 miles easy	1 4/6 LSD	2 rest	22/29
6	3 3/4 tempo	4 Team run 6 miles	5 2/5 miles tempo	6 Team run 7 miles	7 4/6 easy	8 3/4 interval	9 rest	24/32
7	10 4/6 tempo	11 Team run 6 miles	12 3/6 miles tempo	13 Team run 7 miles	14 4/6 easy	15 2/4 interval	16 rest	26/35
8	17 5/7 tempo	18 Team run 6 miles	19 3/6 miles tempo	20 Team run 7 miles	21 4/6 easy	22 3/5 interval	23 rest	28/37
	24 5/7 tempo	25 Team run 6 miles	26 3 easy Camp Set up	27 Camp	28 Camp	29 Camp	30 Camp	