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| ATTENTION RUNNERS!!!!!!  Starting July 10th – you need to contact Coach Sours every week with the following information.  Mileage for the week  Lifting days –“Build a Bear”  Road races? If so, what was your time?  How are you feeling during your runs? |

Beginning Runners and all Freshmen

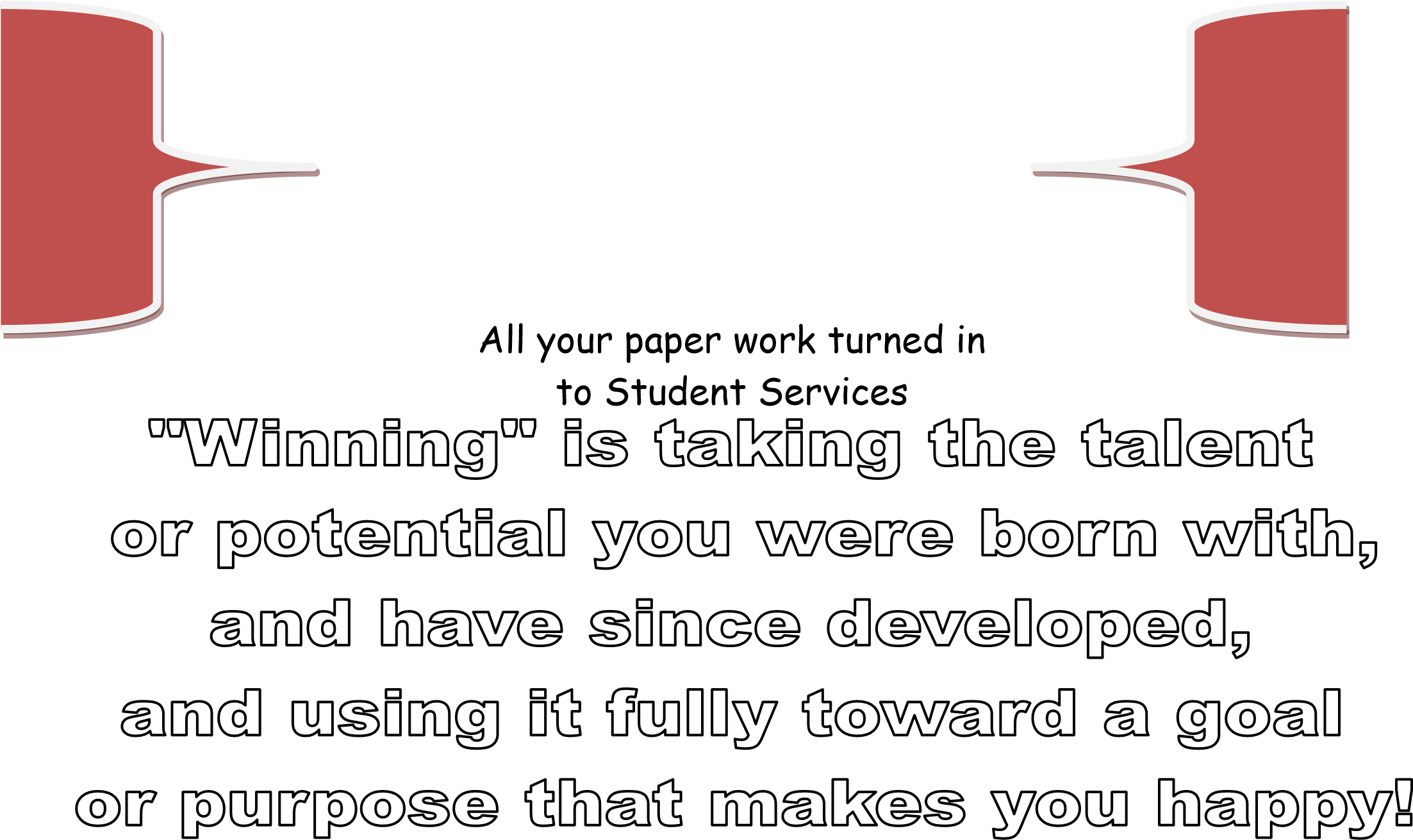
There are no limits – BELIEVE in YOURSELF!

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
| 6/19 | Run 40 minutes every 3rd day – | | |  |  |  |  | 80 min |
| 6/26 | Four (4) 30 minute runs for the week | | |  |  |  |  | 120 min |
| 7/3 | 30 min E | Bike/Swim | 35 min | Off | 45 min E | Bike/Swim | 45 min | 155min |
| 7/10 | 45 min E | Bike/Swim | 1-10min-1 F | Off | 45 min E | 30 min E | 45 min E | 165 min |
| 7/17 | 30 min M | 30 min E | Off | 30 min M | 45 min E | 30 Min M | 60 min E | 225 min |
| 7/24 | 45 min M | 30 min E | 1-10min-1 F | 45 min E | 45 min E/M | 30 min E | 60 min E | 255 min |
| 7/31 | 45 min M | 30 min E | 1-20min-1F | 45 min E | 45 min E | 45 min M | 60 min E | 285 min |
| 8/7 | 60 min M | 30 min E | 4X3on3 Off G | 45 min E | Off | 45 min M | 75 min E | 250 min |

 Check definitions of term page for clarification of work-outs 

Beginning the week of 6/26 ADD

* Two days of striders – begin with 4 X 15 seconds and increase by 1 each week
* Push ups and sit ups - 3 times a week o Begin with 3 sets of 40 sit-ups and 3 sets of 20 push ups; increase sit-ups by 10 each week and push-ups by 5 each week

Team Practice Begins MONDAY, August 14, 2017 7:00 A.M.

Lion’s Park Greenville

Bring water and a watch!!!