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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!!!