|  |
| --- |
| 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? |

Experienced Runners

Sophomores, Juniors, and Seniors

There are no limits – BELIEVE in YOURSELF!

Groups:

* Group 1 TBA
* Group 2 – all sophomores and juniors that ran with the team in 2016-2017 season
* Group 3 - Freshmen, sophomores, and juniors with some running experience  Group 4 – Long Sprinters

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date |   Call each other and set up a running schedule – Encourage each other!  | | | | | | | |
| 6/19 | 45 minute run every other day | | | | | | | |
| 6/26 | 4 days at 45 minute run \* group 1 & 2 5 days running totaling 30-35 miles | | | | | | | |
| Date | Group | Mileage | Intensity/Pace | Main Workout | | | | |
| 7/3 | 1 | 40 | E/M | 6 miles | Begin to run | | |  |
| 2 | 35 | E/M | 5 miles | 7 days a | | |  |
| 3 | 25 | E/M | 4 miles | week | | |  |
| 4 | 15 | E/M | 3 miles |  | | |  |
|  | | |
| 7/10 | 1 | 40 | E/M | 7 milers – your pace | | | | |
| 2 | 35 | E/M | 6 miles | | | | |
| 3 | 30 | E/M | 5 miles | | Run 7 | | |
| 4 | 20 | E/M | 4 miles | | days | | |
| 7/17 | 1 | 45 | E/M | Include one 8 & one 7 mile run | | | | |
| 2 | 40 | E/M | 7 miles your pace | | | | |
|  | |  | | |
| 3 | 30 | E/M | 5 miles your pace | | Run 7 | | |
| 4 | 20 | E/M | 4 miles your pace | | days | | |
| 7/24 | 1 | 45 | 5 E/M & 2 M | Include 8 & 7 mi Run Plus one 5 mi Tempo (1-3-1) | | | | |
| 2 | 40 | E/M |  | | | | |
| Include one 8 & one 7 mile run | |  | | |
| 3 | 35 | E/M | 6 miles | | Run 7 | | |
| 4 | 25 | E/M | 5 miles | | days | | |
|  | | |
| 7/31 | 1 | 50 | 4 E/M & 3 M | Include 2 X 7 mi run & 1 X 8 mi tempo (2-4-2) | | | | |
| 2 | 45 | 5 E/M & 2 M | Include 8 & 7 Run Plus one 5 mi tempo (1-3-1) | | | | |
|  | | |  | |
| 3 | 35 | E/M | Include one 6 mi & one 5 mi run | | | Run 7 | |
| 4 | 25 | E/M | 5 miles | | | days | |
| 8/7 | 1 | 55… am 2 miles | 4 E/M & 3 M | 10mi E, 8 mi M Fartlek 4 on 4 off X 4 | | | | |
| 2 | 50 | 4 E/M & 3 M | Include 2 X 7 mi run & 1 X 8 mi Tempo (2-4-2) | | | | |
| 3 | 40 | E/M | Include one 6 mi & one 5 mi run | | | Run 7 | |
| 4 | 30 | E/M | 5 miles | | | days | |

Beginning the week of 7/10ADD

|  |
| --- |
| Team Practice Begins Monday, August 14, 2017 7:00 A.M.  Greenville Lion’s Park  Bring water and a WATCH  Forms turned in  To Student Services |

* All groups need to add 2 days of striders o Begin with 4 X 100 meters and increase by 1 each week
* Push-ups and Sit-ups 3 times a week o Begin with 3 sets of 20 push-ups and 3 sets of 40 sit-ups o Increase push-ups by 5 each week and sit-ups by 10 each week.