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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?  |

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

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| 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  |
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| 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

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| Team Practice Begins Monday, August 14, 2017 7:00 A.M.Greenville Lion’s Park Bring water and a WATCHForms 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.