

Summer Training (Borrowed with permission from St. Tim's and Cochrane Endurance Project Head Coach Travis Cummings)

Whether you are looking to improve, or aiming to qualify for Provincials, starting in September is too short a season and you should be working on your training in the summer as well.

This training is **NOT FOR BEGINNERS**, if you are just getting started, or are not already running consistently, please start with the beginner program to safely work your way up to longer running.

This is **OPTIONAL** training, but you get out what you put in. If there is any terminology with which you are not familiar, a quick google search should help clarify. If you have not done this training before, please start at the grade 10 workouts.

If you are entering Grade 10:

June → recovery from track season/easy running 3 days a week

July 1-15 → Run 4-5 days a week, 45-60 min a day, 6x 100m strides 2-3 days a week

July 16-31 → Run 4-5 days a week, one long run should be up 65-70 minutes, otherwise 45-60 min a day, 6x 100m strides 2-3 days

August 1-15 → Run 4-5 days a week, one long run up to 70 minutes, 45-60 min a day, 6x 100m strides 2-3 days

August 16 -31 → Run 4-5 days a week, one long run up to 75 minutes, otherwise 45-65 min a day, 6x 100m strides 2-3 days

If you are entering Grade 11:

June → recovery from track season/easy running 3 days a week

July 1-15 → Run 4-5 days a week, 50-70 min a day, 6x 100m strides 2-3 days a week

July 16-31 → Run 4-5 days a week, 50-70 min a day, one of these runs should be a long run up to 80 min, 6x 100m strides 2-3 days a week

Aug 1-15 → Run 5 days a week, 50-70 min a day, one of these runs should be a long run up to 85 minutes. 6x100m strides 2-3 days a week. 4 workouts to be done through this two-week period (these count as one of your weekly 5 runs).

Workouts:

- 1) WU, 1x 15 min tempo, 2 min easy, 5x 1min hard on 1 min easy, CD
- 2) WU, 6-8 x 2min uphill repeats on jog down recovery, CD
- 3) WU, 1x 20 min tempo, 2 min easy, 5x 1min hard on 1 min easy, CD
- 4) WU, 2 sets of 4min-3min-2min-1min on 90 secs rest in between each rep, take a 3 min jog between sets, CD

Aug 16-31 → Run 5 days a week, 50-70 min a day, one of these runs should a long run up to 90 minutes. 6x100m strides 2-3 days a week. 4 workouts to be done through this two-week period (these count as one of your weekly 5 runs).

Workouts:

- 1) WU, 1x 15 min tempo, 2 min jog easy, 1x 5min VO2 Max, 2 min jog easy, 3x 1min hard on 1 min easy, CD
- 2) WU, 6-8 x 90 secs uphill, 30 secs uphill repeats. 90 secs hard up, jog down, 30 secs hard up, jog down, repeat...CD

- 3) WU, 1x 20 min tempo, 2 min easy jog, 1x 5 min VO2 Max, 2 min jog easy, 3x 1min hard on 1 min easy, CD
- 4) WU, 7-8 x 3min hard on 90 secs easy, CD

If you are entering Grade 12:

June → recovery from track season/easy running 3 days a week

July 1-15 → Run 5-6 days a week, 55-70 min a day, 6x 100m strides 2-3 days a week

July 16-31 → Run 5-6 days a week, 55-70 min a day, one of these runs should be a long run up to 85 min, 6x 100m strides 2-3 days a week

Aug 1-15 → Run 5-6 days a week, 55-70 min a day, one of these runs should be a long run up to 90 minutes. 6x100m strides 2-3 days a week. 4 workouts to be done through this two-week period (these count as one of your weekly 5 runs).

Workouts:

- 5) WU, 1x 15 min tempo, 2 min easy, 5x 1min hard on 1 min easy, CD
- 6) WU, 8-10 x 2min uphill repeats on jog down recovery, CD
- 7) WU, 1x 20 min tempo, 2 min easy, 5x 1min hard on 1 min easy, CD
- 8) WU, 3 sets of 4min-3min-2min-1min on 90 secs rest in between each rep, take a 3 min jog between sets, CD

Aug 16-31 → Run 5-6 days a week, 55-70 min a day, one of these runs should be a long run up to 90 minutes. 6x100m strides 2-3 days a week. 4 workouts to be done through this two-week period (these count as one of your weekly 5 runs).

Workouts:

- 5) WU, 1x 15 min tempo, 2 min jog easy, 1x 5min VO2 Max, 2 min jog easy, 3x 1min hard on 1 min easy, CD
- 6) WU, 8-10 x 90 secs uphill, 30 secs uphill repeats. 90 secs hard up, jog down, 30 secs hard up, jog down, repeat...CD
- 7) WU, 1x 20 min tempo, 2 min easy jog, 1x 5 min VO2 Max, 2 min jog easy, 3x 1min hard on 1 min easy, CD
- 8) WU, 8-10 x 3min hard on 90 secs easy, CD