2008 SUMMER WORKOUTS

Please be careful of the heat. If the temperature and humidity are high, don't push. I know that acclimatization is a goal. However, it is still healthier to run in a cooler part of the day or in a shaded area. Wear as little as possible of light-colored, breathable clothing. Pay attention to how you feel and drink plenty of water before, during, and after the run. When you get thirsty, you are already down about 3%. Remember that both caffeine and alcohol cause dehydration, which is not necessarily something that you want to have happen. You can really get yourself into trouble because of the heat. Watch yourself to make sure you get enough rest both before and after races or hard workouts. Recovery is a big key in training. Ingesting carbos with a little protein within 15 minutes of a strong bout of exercise has been shown to aid recovery. If this is a training time for you rather than a time for running a lot of races, cut your intensity a little and gradually increase your mileage. If this is a racing time for you, do intensity and only moderate mileage. Applying this theory to workouts, if you are doing mainly training, do more repetitions at a slower pace with a shorter recovery. If you are mainly racing, do fewer reps at a faster pace with a longer recovery. Any day you are doing an interval workout, you may want to think about changing your workout if the heat and humidity are unreasonable. You can push yourself, but do not struggle during any workout or race. Many times if you do short duration repetitions, you can still do a decent volume. As always, when running short reps you have to be careful <u>not</u> to run too fast!!

<u>General Work-out Schedule</u>

Sun Long - This should be your slowest day of the week.
Mon Recovery/Prep - This is an average length day with, if anything, a slight build-up during the second half of the run.
Tue Hard Workout
Wed Recovery - Same as Monday or Cross Train.
Thu Up-Tempo - Warm-up, then do a 2-8 mile tempo run (@45 sec./mile slower than 5K pace), and then warm-down.
Fri Recovery/Prep - Same as Monday.
Sat Race or Fartlek or Hard Workout
Hills could be done on Tuesday or Saturday. Finish with some 100m-300m runs (on grass, if possible).

**We can schedule a mile or 5K time trial at any time.

June 3 4-8 x 600m @5K/200m + 2-4 x 400m @sub 5K/200m + 4 x 100m S
2 x [2-5 x 800m @5K/400m jog]/5-10 min + 4 x 100m S
June 10 1-2 x 2 miles or 2-4 x 1 mile or 1 x 3-4 miles of [250m @sub 5K pace/150m] - Total Time + 4 x 100m S
400m-800m-1200m-[1600m-1600m-1200m]-800m-400/half distance recovery – faster down + 4 x 100m S
June 17 2 x [2-4 x 600m/400m - 1st 400m @5K + last 200m fast]/400m jog + 4 x 100m S
2 –5 x [1000m @5K/200m jog/300m @Mile]/7 min + 4 x 100m S
June 24 2-4 miles of 200m/200m recovery (continuous - taking the total time) + 4 x 100m S
2-4 x 2000m (either straight 10K pace or 70-90 drill)/800m recovery + 4 x 100m S
<u>July 1 Trail Run/Hill Training - White Clay Creek State Park</u>
July 8 2-Person 5 Mile Relay + 4 x 100m S
July 15 4-8 x (500m @5K/100m jog/200m @Mile) (Do 1st rep controlled.) + 4 x 100m S
2-4 x [1200m@5K/400m jog/800m @sub 5K/400m jog/400m @sub 3K]/5-7 minutes recovery + 4 x 100m S
July 22 1-2 x (3-6 x 600m/200m - 1st 200m @5K + float the middle 200m + last 200m @5K) + 4 x 100m S
2 x [2-5 x 800m @5K/400m jog]/5-7 minutes recovery + 4 x 100m S
July 29 2-5 x (4 x 400m/200m) -CD sets(each set faster) + 4 x 100m S
3-8 x 1000m @ sub 5K/600m + 4 x 100m S
<u>Aug 5 Trail Run/Hill Training - White Clay Creek State Park</u>
Aug 12 1-2 x 2 miles or 2-4 x 1 mile or 1 x 3-4 miles of [250m @sub 5K pace/150m] - Total Time + 4 x 100m S
800m-1200m-[1200m]-800m-1200m-[1200m]-800m/400-600m recovery (800m @sub 5K and 1200m @5K) +4 x 100m S
Aug 19 2-5 x [1600m of 100m @3-5K/100m]/5-7 minutes recovery + 4 x 100m S
2 x [3-5 x 800m - 1st set @5K/200m-400m & 2nd set @sub 5K/3-5 min] + 4 x 100m S
Aug 26 2 x [3-5 x 500m @goal 5K/90 sec]/5-7 min recovery + 4 x 100m S
3-8 x 4 min CD starting 10K/2-4 min + 4 x 100m S
<u>Sept 2 Trail Run/Hill Training - White Clay Creek State Park</u>
Sept 9 3-5 x [4 x 300m @Mile/100m-200m jog]/5 min + 4 x 100m S
3-8 x 1200m @5K-10K/90 sec + 4 x 100m S
Sept 16 2-4 x [5 x 400m @5K/100m]/5-7 minutes recovery + 4 x 100m S
(1600m/800m+1200m/600m)@10K + (1000m/400m+800m/400m)@5K + 600m/400m@sub 5K+(400m/200m +200m)@Mile + 4x100m S
Sept 23 4-8 x 600m @5K/200m + 2-4 x 400m @sub 5K/200m + 4 x 100m S
2-4 x [1200m @5K/400m jog/400m @mile/400m jog/400m @Mile]/5-7 minutes recovery + 4 x 100m S
Sept 30 10 x 500m @goal 5K/1 min + 4 x 100m S
2-5 x 1600m @10K/400m + 4 x 100m S

CD = Cut-Downs (getting faster)
S = Striders (relaxed runs halfway between a sprint and a jog)

"2-5 x [2-4 x 400m @5K/200m jog]/5 min" is read "2 to 5 sets of 2 to 4 repetitions of 400m at 5K pace with a 200m jog interval between repetitions. Take five minutes or at least twice the normal recovery between sets.