

SIMLEY CC SIMLEY CC SUMMER RUNNING SIMLEYCC SIMLEY CC

**Monday, July 19** is the first day of summer practice. We will meet at the track at 10:00am.  
**Monday, August 16** is the first official day of practice. Meet at the track at 10:00am.

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*AEROBIC CONDITIONING*

Easy Running, Continuous Aerobic Running (CAR), Base Training, Aerobic Threshold Training, and Over-distance running

Frequency: 3-7 days per week, can be twice per day

**YOU**

Intensity: 65 % VO2 max

Time: 20 min to 2+ hrs

Type: Running

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*ANAEROBIC CONDITIONING*

Threshold Running, Cruise Intervals, Tempo Running, High End Aerobic Pace, High Intensity Continuous Exercise (HI-CE), and Anaerobic Threshold training

Frequency: 1-2 days per week

Intensity: 83-88% VO2 max

**CAN**

Time: 60 sec up to 20 min

Type: Running at T pace, fast running but a gear below race pace

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*AEROBIC CAPACITY*

Intervals, Long Speed, VO2max intervals, (800s, 1000s, 1200s)

Frequency: 0-1 days per week

**PERSEVERE**

Intensity: 90-100 % VO2 max

Time: 60 sec up to 5+ min

Type: Fast Running at 3000-5000m race pace

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*ANAEROBIC CAPACITY*

Repetitions, Short Speed, not sprints, (200s, 300s)

Frequency: 0-1 days per week

**IMPROVE**

Intensity: 90-130% VO2 max

Time: 20 sec-2 min

Type: Fast Running at 1600m race pace

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*CROSS TRAINING*

Frequency: 3-7 days per week, can be twice per day

**&  
HAVE FUN**

Intensity: 55-75% VO2 max

Time: 20 min to 2+ hrs

Type: Mountain/Road Biking (helmets), Swimming, Hiking, Strength Training, Water Skiing, and other sports.

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Q: What should I be doing over the summer if I am in middle school?

A: Focus on YOU, HAVE FUN. And some IMPROVE

Q: What should I be doing over the summer if I am a varsity runner or 10<sup>th</sup> grader and up?

A: Focus on YOU, CAN, HAVE FUN. And some IMPROVE

Q: How can I run 20-25 miles/wk now and be ready for 30- 40 miles/wk by late July?

	MON	TUE	WED	THU	FRI	SAT	SUN	MILES/WK	
A: <i>w</i>	1	4	5	3	4/3	-	3/3	-	25
<i>e</i>	2	5	6	4	4/3	-	4/4	-	30
<i>e</i>	3	5	7	5	4/3	-	8	-	25
<i>k</i>	4	4	5	3	4/3	-	3/3	-	30
<i>s</i>	5	5	7	5	5/4	-	9	-	35

(4/3= 4 miles in a.m., 4 in p.m.)

Q: How many road races this summer?

A: 1-2.

Q: How often should I strength train?

A: 2-3 times per week. Strength training *is addition to* running and cross training. You don't need weights (push-ups, pull-ups, sit-ups, bridges, etc.)

Q: What do I need to train?

A: Positive attitude....Gear wise, new training shoes. Running Shorts, a watch.

Q: What are Top 10 reasons to run on the trails at Lebanon Hills (LHRP)?

10. Variety in the places and routes you run will keep you motivated.
9. Running on hills/ trails emphasizes development of foot, ankle, knee, hip, and core strength, as well as coordination and balance.
8. The trees in the park provide shade on hot days.
7. LHRP offers 14.5 miles of renowned trails and is only 12 minutes from Simley High School.
6. Pines, Oak Savannah, wild flowers, wild turkey, owls, deer, and no traffic to dodge.
5. Softer footing on trails provides relief from hard pavement and concrete.
4. Running on dirt and grassy trails can help reduce your chance of injury.
3. Trail runs enable you to increase your endurance. For example, a 5-mile easy run on flat roads is run at a lower percentage of VO<sub>2</sub> max compared with a 5-mile easy run at LHRP.
2. Time seems to fly by when you are running on the trails.
1. Running on trails is enjoyable and allows you to be fit and have fun outdoors.

INTO THE SUN!