





























August 2020

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>The goal of this calendar is to build up miles and the long run. In six weeks you should be in great shape and ready to add some harder stuff on. These runs should be done at your aerobic pace. It really helps to have a heartrate watch for this training. A rough estimate of your aerobic zone is 185 beats per minute minus your age. Most high school runners will be around 170 beats per minute. Consistency is the key with this. Try to run most days. Listen to your body and your heartrate and stay in contact with the coaches. If you have questions, text, call, email, or ask in Zoom. The miles for each day are listed in order, 15 to 25 miles, 20 to 30 miles, 25 to 35 miles, and 30 to 40 miles, and 35 to 45 miles. Sundays are off or x train. Monday, Wednesday, and Fridays are core days and stride days, go onto the website and do a core video. Strides start after 2 weeks. Strides start with 6 x 100meter effort or 6 x 20 seconds. Try to do them on grass. Tuesdays are tempo surges, get your HR higher than 170. 45 seconds rest.</p>						
2	<p>9</p> <p>  Strides Symbol.  Core Symbol  This symbol means run hilly. </p>						
	16 Goal 25 Miles Goal 30 Miles Goal 35 Miles Goal 40 Miles Goal 45 Miles	17 2 Miles 2.5 Miles 3.5 Miles 4.0 Miles 5.0 Miles 	18 2.5 Miles 3.0 Miles 4.0 Miles 4.5 Miles 5.0 Miles	19 3.0 Miles 4.0 Miles 4.5 Miles 6.0 Miles 6.5 Miles 	20 2.5 Miles 3.0 Miles 4.0 Miles 4.5 Miles 5.0 Miles 	21 2.0 Miles 3.0 Miles 3.5 Miles 4.0 Miles 5.0 Miles 	22 3.5 Miles LR 5.0 miles LR 6.0 Miles LR 7.0 Miles LR 8.0 Miles LR
	23 Goal 25 Miles Goal 30 Miles Goal 35 Miles Goal 40 Miles Goal 45 Miles	24 2 Miles 3.0 Miles 3.5 Miles 4.5 Miles 5.5 Miles 	25 3 Miles 3.5 Miles 2 x 2 min T 4.5 Miles 3 x 2 min T 5.0 Miles 3 x 2 min T 5.5 Miles 4 x 2 min T	26 3.5 Miles 4.0 Miles 5.0 Miles 6.5 Miles 7.0 Miles 	27 3.0 Miles 3.0 Miles 4.0 Miles 4.5 Miles 5.5 Miles 	28 2.0 Miles 3.0 Miles 3.5 Miles 4.0 Miles 5.0 Miles 	29 4.0 Miles LR 5.5 Miles LR 6.5 Miles LR 7.5 Miles LR 8.5 Miles LR
	30 Goal 25 Miles Goal 30 Miles Goal 35 Miles Goal 40 Miles Goal 45 Miles	31 2.5 Miles 3.5 Miles 4.0 Miles 5.0 Miles 6.0 Miles  					

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Goal 25 Miles</p> <p>Goal 30 Miles</p> <p>Goal 35 Miles</p> <p>Goal 40 Miles</p> <p>Goal 45 Miles</p>		<p>1 Rest is 45</p> <p>3.5 Miles</p> <p>4.0 Miles 3 x 2 min T</p> <p>4.5 Miles 3 x 2 min T</p> <p>5.0 Miles 4 x 2 Min T</p> <p>6.0 Miles 5 x 2 min T</p>	<p>2</p> <p>4.0 Miles</p> <p>4.5 Miles</p> <p>5.5 Miles</p> <p>6.5 Miles</p> <p>7.5 Miles</p> 	<p>3</p> <p>3.5 Miles</p> <p>3.0 miles</p> <p>4.0 Miles</p> <p>5.0 Miles</p> <p>6.0 Miles</p> 	<p>4</p> <p>2.0 Miles</p> <p>3.0 Miles</p> <p>4.0 Miles</p> <p>4.0 Miles</p> <p>5.5 Miles</p> 	<p>5</p> <p>5.0 Miles LR</p> <p>6.0 Miles LR</p> <p>7.0 Miles LR</p> <p>8.0 Miles LR</p> <p>9.0 Miles LR</p>
<p>6</p> <p>Goal 25 Miles</p> <p>Goal 30 Miles</p> <p>Goal 35 Miles</p> <p>Goal 40 Miles</p> <p>Goal 45 Miles</p>	<p>7</p> <p>2.0 Miles</p> <p>2.5 Miles</p> <p>3.5 Miles</p> <p>4.0 Miles</p> <p>5.0 Miles</p> 	<p>8</p> <p>2.5 Miles 2 x 2 min T</p> <p>3.0 Miles 4 x 2 min T</p> <p>4.0 Miles 4 x 2 min T</p> <p>4.5 Miles 5 x 2 min T</p> <p>5.0 Miles 6 x t min T</p>	<p>9</p> <p>3.0 Miles</p> <p>4.0 Miles</p> <p>4.5 Miles</p> <p>6.0 Miles</p> <p>6.5 Miles</p> 	<p>10</p> <p>2.5 Miles</p> <p>3.0 Miles</p> <p>4.0 Miles</p> <p>4.5 Miles</p> <p>5.0 Miles</p> 	<p>11</p> <p>2.0 Miles</p> <p>2.5 Miles</p> <p>3.0 Miles</p> <p>4.0 Miles</p> <p>5.0 Miles</p> 	<p>12</p> <p>3.5 Miles LR</p> <p>5.0 Miles LR</p> <p>6.0 Miles LR</p> <p>7.0 Miles LR</p> <p>8.0 Miles LR</p>
<p>13</p> <p>Goal 25 Miles</p> <p>Goal 30 Miles</p> <p>Goal 35 Miles</p> <p>Goal 40 Miles</p> <p>Goal 45 Miles</p>	<p>14</p> <p>3.0 Miles</p> <p>3.5 Miles</p> <p>4.5 Miles</p> <p>5.0 Miles</p> <p>6.0 Miles</p> 	<p>15</p> <p>3.5 Miles 3 x 2 min T</p> <p>4.0 Miles 5 x 2 min T</p> <p>5.0 Miles 5 x 2 min T</p> <p>5.5 Miles 6 x 2 min T</p> <p>6.0 Miles 7 x 2 min T</p>	<p>16</p> <p>4.0 Miles</p> <p>4.5 Miles</p> <p>6.0 Miles</p> <p>7.0 Miles</p> <p>8.0 Miles</p> 	<p>17</p> <p>3.5 Miles</p> <p>3.5 Miles</p> <p>4.5 Miles</p> <p>5.5 Miles</p> <p>6.0 Miles</p> 	<p>18</p> <p>2.5 Miles</p> <p>3.5 Miles</p> <p>4.5 Miles</p> <p>4.5 Miles</p> <p>6.0 Miles</p> 	<p>19</p> <p>5.0 Miles LR</p> <p>6.5 Miles LR</p> <p>7.5 Miles LR</p> <p>8.5 Miles LR</p> <p>9.5 Miles LR</p>
<p>20</p> <p>Goal 25 Miles</p> <p>Goal 30 Miles</p> <p>Goal 35 Miles</p> <p>Goal 40 Miles</p> <p>Goal 45 Miles</p>	<p>21</p> <p>3.5 Miles</p> <p>4.0 Miles</p> <p>4.5 Miles</p> <p>6.0 Miles</p> <p>6.5 Miles</p> 	<p>22</p> <p>4.0 Miles 4 x 2 min T</p> <p>4.5 Miles 5 X 2 min T</p> <p>5.5 Miles 6 x 2 min T</p> <p>6.0 Miles 7 x 2 min T</p> <p>6.5 Miles 8 x 2 min T</p>	<p>23</p> <p>4.5 Miles</p> <p>6.0 Miles</p> <p>6.5 Miles</p> <p>7.5 Miles</p> <p>8.5 Miles</p> 	<p>24</p> <p>4.0 Miles</p> <p>4.5 Miles</p> <p>5.0 Miles</p> <p>6.0 Miles</p> <p>6.5 Miles</p> 	<p>25</p> <p>3.0 Miles</p> <p>4.0 Miles</p> <p>5.0 Miles</p> <p>5.5 Miles</p> <p>6.5 Miles</p> 	<p>26</p> <p>6.0 Miles LR</p> <p>7.0 Miles LR</p> <p>8.0 Miles LR</p> <p>9.0 Miles LR</p> <p>10 Miles LR</p>
<p>27</p> <p>Goal 25 Miles</p> <p>Goal 30 Miles</p> <p>Goal 35 Miles</p> <p>Goal 40 Miles</p> <p>Goal 45 Miles</p>	<p>28</p>	<p>29</p>	<p>30</p>			