

July

Name _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Log Weekly Mileage:
6	7	8	9	10	11 LTCC - 9am Tempo Run to "The Hill" and back.	12	_____
13	14 30-minute tempo run.	15 Interval workout - 4 x 400 meters, 400 meters (one lap) jogging in between intervals. Warm up by jogging a half mile then stretch. Pick a pace in this first week that you can handle easily. If you finish this workout running slower times than when you started, you picked too ambitious a pace. Complete the workout by jogging a half mile. (3 miles total)	16 30-minute fartlek run	17 Rest Day - Easy 30 minute run.	18 LTCC - 9am Fartlek Run around meadow.	19 Rest Day - Run an easy 30 minutes.	_____
20 Rest Day	21 30-minute tempo run.	22 Interval workout: 3 x 800 meters, 3 minutes walking or jogging between. Be sure to warm up before and cool down after this workout: jogging a a half mile each time.	23 30-minute fartlek run	24 Rest Day - Easy 30 minute run.	25 LTCC - 9 a.m. Long run - Meadow and Hill loops	26 Rest Day - Run an easy 30 minutes.	_____
27 Rest Day	28 35-minute tempo run.	29 Interval workout: 3 x 600 meters, 200 meters jogging between. Warm up before and cool down after this workout: jogging a half mile each time.	30 35-minute fartlek run	31 Rest Day - Easy 30 minute run	1 LTCC - 9am Step Intervals - Golden Bear	2 Rest Day - Run an easy 30 minutes.	_____

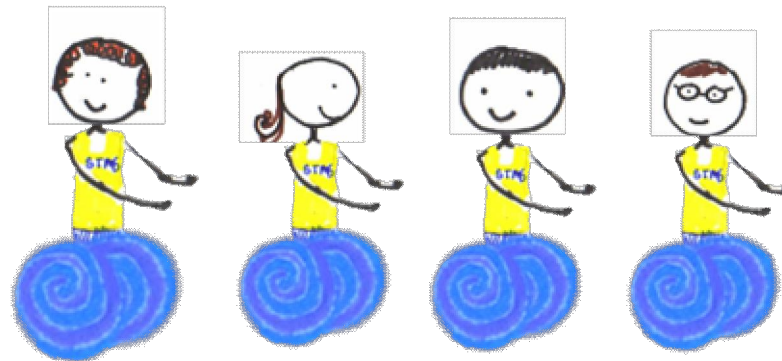
This workout calendar is intended to be a guideline for you. You may want to alter the schedule to suit your needs and/or ability. For instance, if you are just starting you may want to run 4 x 100 meters (1/4 lap) intervals with 100 meters easy jog in between. Your goal should be 1 -3 miles, three to four times per week in July, increasing to 2 – 5 miles, four to five times a week in August.

The most important thing is to remain injury free. Listen to your body! Stay hydrated. Watch your footing. Wear good shoes. Cross the street at the light and wait for the walk sign (your life is precious and worth the extra few seconds). Make eye contact with drivers to make sure they see you. Never run alone. Rest!

If you have questions about specific workouts, please visit the glossary

August

3 Today you can run an easy 30 minutes or take the day off.	4 35-minute tempo run.	5 Interval workout is 4 x 400 meters, jogging 400 meters in between at a fairly fast pace. You are repeating the speed cycle you began in week 1 - only now you are picking up the speed between intervals.	6 35-minute fartlek run	7 Rest Day - Easy 30 minute run	8 LTCC - 9am "The Hill"	9 Rest Day - Easy 30 minute run
10 Today you can run an easy 30 minutes or take the day off.	11 40-minute tempo run.	12 3 x 800 meters, jogging or walking 3 minutes between. This is the second time in this program that you do this specific workout. Your goal, should be to run the workout somewhat faster than you did three weeks ago.	13 35-minute fartlek run	14 Rest Day - Easy 30 minute run	15 LTCC - 9am Long run - Al Tahoe to Powerline - pickup at Mrs. Butler's house 2521 Cold Creek Trail	16 Rest Day - Easy 30 minute run
17 Today you can run an easy 30 minutes or take the day off.	18 40-minute tempo run.	19 3 x 600 meters, 200 meter jog between. Don't forget to warm up and cool down before and after doing this interval workout. Stretching also is an important part of your workout routine, usually done after the warm-up but before you start the hard running. Adding some push-ups and sit-ups (crunches) also is a good idea.	20 40 -minute fartlek run	21 Rest Day - Easy 30 minute run	22 TBA.	23 Rest Day - Easy 30 minute run
24 Today you can run an easy 30 minutes or take the day off.	25 45-minute tempo run.	26 Interval workout - 4 x 400. As your fitness improves, you should find yourself running the 400 repeats somewhat faster.	27 40 -minute fartlek run	28 Rest Day - Easy 30 minute run	28 Teacher Work Day	30 Rest Day - Easy 30 minute run
31 Today you can run an easy 30 minutes or take the day off.	1 45-minute tempo run.	2 First day of school and fall practice.				



Log
Weekly
Mileage:

Glossary

Bonk - aka "Hit the wall." - This is when you run out of energy, you literally feel like you have run out of gas. To prevent this from happening, fuel up about an hour before your workout or a race. Have a small snack such as a banana or peanut butter on a bagel.

Go large - To give it your all.

Fartlek Run - "After 5 or 10 minutes of easy running at the start, you pick up the pace and sprint for maybe 10 or 20 or more seconds, then jog or even walk for a near equal time until partly recovered, then sprint again. These speed bursts could be anywhere from 100 to 400 meters, or longer. They could be up a hill or down a hill or on the flat. They could be at top speed or at the pace you might run a long race or from this tree to that tree."

Interval Training - A system of high-intensity work marked by short, but regularly repeated periods of hard exercise interspersed with periods of recovery.

Meters -

400: Once around the track

600: One and a half times around the track

800: Twice around the track

Overtraining- Extreme fatigue, both physical and mental, caused by extensively training at a work load higher than that to which the body can readily adapt.

Sprint - to race or move at full speed, esp. for a short distance

Tempo Run - Begin to run at an easy pace, about as fast as you would during any warm-up for a race. After 5 or 10 minutes of easy running, gradually accelerate toward a peak speed halfway through the workout, holding that peak for 5 or 10 minutes (longer depending on the length of the run), then gradually decelerate, finishing off with about 5 minutes of easy running.

Warm up- The period of gradually increasing intensity of exercise at the start of a training session.

For Cross Country updates, please visit: <http://mrsbutler2006.com/index.html>