

Suggested Summer Training Schedule:

WEEK	ASPIRING VARSITY (top 10)	SUB-VARSITY
June 25 –July 1	• 4x 30-35 min distance run	• 4x 20-25 min distance run
July 2 – 8	• 3x 30-35 min distance run • 1x 45-60 min distance run	• 3x 20-25 min distance run • 1x 30-40 min distance run
July 19 – 15	• 4x 30-35 min distance run	• 4x 20-25 min distance run
July 16 - 22	• 3x 30-35 min distance run • 1x 45-60 min distance run	• 3x 20-25 min distance run • 1x 30-40 min distance run
July 23 – 29	• 4x 30-40 min distance run • 1x 4-5 hill run (at least 2 min)	• 3x 20-25 min distance run • 1x 2-3 hill run (at least 2 min)
July 30- Aug. 5	• 3x 30-40 min distance run • 1x 45-60 min distance run • 1x 4-6 400m (@ mile pace)	• 3x 20-30 min distance run • 1x 30-40 min distance run • 1x 4-6 200m (@ mile pace)
Aug. 6 - 12	• 4x 30-40 min distance run • 1x 4-5 hill run (at least 2 min)	• 4x 20-30 min distance run • 1x 2-3 hill run (at least 2 min)
Aug. 13 - 19	• 4x 30-40 min distance run • 1x 6-8 400m (@ mile pace)	• 4x 20-30 min distance run • 1x 6-8 200m (@ mile pace)

<u>Mile time:</u>	<u>400m time:</u>		
5:00	75 sec	7:00	105 sec
5:15	79 sec	7:15	108 sec
5:30	82 sec	7:30	112 sec
5:45	86 sec	7:45	116 sec
6:00	90 sec	8:00	120 sec
6:15	94 sec	8:15	124 sec
6:30	97 sec	8:30	127 sec
6:45	101 sec	8:45	131 sec
		9:00	135 sec

* An extra day each week of alternative training is also encouraged (bicycle, aqua-jogging, swim, elliptical, yoga, rowing, spinning, boot camp, etc.)