

# Summer Training Schedule

| Wk | Day       | Date   | Location        | Type (am/pm)  | Wt | Gr | Blk | Elt | TAPP | Workout Details                   | WU   | BU's | HTwalk | Band | Roll | Strch | Leg Elv |
|----|-----------|--------|-----------------|---------------|----|----|-----|-----|------|-----------------------------------|------|------|--------|------|------|-------|---------|
| 1  | Monday    | 8-Jun  | Verhaeghe Prk   | Recovery/(PM) | 3  | 3  | 4   | 5   | Lift | Recovery Run                      | LL   | 4BUs | HT     |      | Roll | Strch |         |
|    | Tuesday   | 9-Jun  | Black Bob Prk   | Steady/(PM)   | 3  | 4  | 6   | 7   | Lift | Light Steady Run                  | HALF | 4BUs | HT     | Band |      |       | Leg Elv |
|    | Wednesday | 10-Jun |                 | Recovery      | 0  | 0  | 5   | 6   |      | Recovery Run                      | LL   | 4BUs | HT     |      |      |       | Leg Elv |
|    | Thursday  | 11-Jun | BVSW Track      | Steady/(PM)   | 3  | 3  | 5   | 7   | Lift | Light Steady Run                  | HALF | 4BUs |        | Band | Roll |       |         |
|    | Friday    | 12-Jun | Pancake Brk #1  | Recovery      | 3  | 3  | 4   | 6   |      | Recovery Run                      | LL   | 4BUs | HT     | Band | Roll | Strch |         |
|    | Saturday  | 13-Jun | Deanna Rose     | Long          | 0  | 5  | 7   | 9   |      | <u>Long Run</u>                   | LL   | 6BUs | HT     |      |      |       | Leg Elv |
|    | Sunday    | 14-Jun |                 | OFF           | 0  | 0  | 0   | 0   |      | OFF                               |      |      |        |      |      |       |         |
| 2  | Monday    | 15-Jun | Verhaeghe Prk   | Tempo/(PM)    | 4  | 5  | 6   | 10  | TAPP | <u>Short Rep Tempo Workout #1</u> | FULL |      |        |      | Roll |       | Leg Elv |
|    | Tuesday   | 16-Jun | Black Bob Prk   | Recovery/(PM) | 3  | 3  | 5   | 6   | Lift | Recovery Run                      | LL   | 4BUs | HT     | Band |      |       |         |
|    | Wednesday | 17-Jun |                 | Steady        | 0  | 0  | 5   | 7   |      | Light Steady Run                  | HALF | 4BUs | HT     |      |      | Strch |         |
|    | Thursday  | 18-Jun | BVSW Track      | Mills/(PM)    | 4  | 4  | 7   | 10  | TAPP | <u>Full Mills (Stdy)</u>          | FULL |      |        |      | Roll |       | Leg Elv |
|    | Friday    | 19-Jun | Heritage Prk #8 | Recovery      | 3  | 3  | 4   | 5   |      | Recovery Run                      | LL   | 4BUs | HT     | Band | Roll | Strch |         |
|    | Saturday  | 20-Jun | Garming SC      | Easy          | 0  | 4  | 7   | 8   |      | Easy Long Run                     | LL   | 6BUs | HT     |      |      |       | Leg Elv |
|    | Sunday    | 21-Jun |                 | OFF           | 0  | 0  | 0   | 0   |      | OFF                               |      |      |        |      |      |       |         |
| 3  | Monday    | 22-Jun | Verhaeghe Prk   | Steady/(PM)   | 3  | 4  | 6   | 10  | TAPP | Light Steady Run                  | HALF | 4BUs | HT     | Band | Roll |       |         |
|    | Tuesday   | 23-Jun | Black Bob Prk   | Tempo/(PM)    | 4  | 5  | 6   | 8   | Lift | <u>Long Rep Tempo Workout #1</u>  | FULL |      |        |      | Roll |       | Leg Elv |
|    | Wednesday | 24-Jun |                 | Recovery      | 0  | 3  | 5   | 6   |      | Recovery Run                      | LL   | 4BUs | HT     |      |      | Strch | Leg Elv |
|    | Thursday  | 25-Jun | BVSW Track      | Speed/(PM)    | 3  | 4  | 5   | 10  | TAPP | <u>Speed Work #1</u>              | SPWU |      |        |      |      |       | Leg Elv |
|    | Friday    | 26-Jun | Pancake Brk #2  | Recovery      | 3  | 3  | 4   | 7   |      | Recovery Run                      | LL   | 4BUs | HT     | Band | Roll | Strch |         |
|    | Saturday  | 27-Jun | I-Lan park      | Long          | 0  | 6  | 8   | 10  |      | <u>Long Run</u>                   | LL   | 6BUs |        | Band |      |       | Leg Elv |
|    | Sunday    | 28-Jun |                 | OFF           | 0  | 0  | 0   | 0   |      | OFF                               |      |      |        |      |      |       |         |
| 4  | Monday    | 29-Jun | On Your Own     | Steady/(PM)   | 4  | 5  | 7   | 10  | Dbl  | Light Steady Run                  | HALF | 4BUs | HT     |      |      |       | Leg Elv |
|    | Tuesday   | 30-Jun | On Your Own     | Recovery/(PM) | 3  | 3  | 5   | 7   | Lift | Recovery Run                      | LL   | 4BUs | HT     |      |      | Strch |         |
|    | Wednesday | 1-Jul  |                 | Tempo         | 0  | 4  | 7   | 8   |      | <u>Short Rep Tempo Workout #2</u> | FULL |      |        |      |      |       | Leg Elv |
|    | Thursday  | 2-Jul  | On Your Own     | Recovery/(PM) | 3  | 5  | 6   | 10  | Dbl  | Recovery Run                      | LL   | 4BUs | HT     |      |      | Strch |         |
|    | Friday    | 3-Jul  | On Your Own     | Pre-Meet      | 3  | 3  | 4   | 5   |      | Pre-Meet Recovery Run             | LL   | 4BUs | HT     |      |      | Strch | Leg Elv |
|    | Saturday  | 4-Jul  | Lenexa Fr Run   | RACE          | 5  | 5  | 7   | 9   |      | <u>RACE - 5k</u>                  | FULL |      |        |      |      |       | Leg Elv |
|    | Sunday    | 5-Jul  |                 | OFF           | 0  | 0  | 0   | 0   |      | OFF                               |      |      |        |      |      |       |         |
| 5  | Monday    | 6-Jul  | Verhaeghe Prk   | Steady/(PM)   | 3  | 4  | 6   | 10  | TAPP | Light Steady Run                  | HALF | 4BUs | HT     | Band | Roll | Strch |         |
|    | Tuesday   | 7-Jul  | Black Bob Prk   | Tempo/(PM)    | 4  | 5  | 7   | 11  | TAPP | <u>Long Rep Tempo Workout #2</u>  | FULL |      |        |      | Roll |       | Leg Elv |
|    | Wednesday | 8-Jul  |                 | Recovery      | 0  | 4  | 5   | 6   |      | Recovery Run                      | LL   | 4BUs | HT     |      |      | Strch |         |
|    | Thursday  | 9-Jul  | BVSW Track      | Mills/(PM)    | 4  | 4  | 7   | 11  | TAPP | <u>Full Mills (Tempo)</u>         | FULL |      |        |      | Roll |       | Leg Elv |
|    | Friday    | 10-Jul | Pancake Brk #3  | Recovery      | 3  | 3  | 4   | 5   |      | Recovery Run                      | LL   | 4BUs | HT     | Band | Roll | Strch |         |
|    | Saturday  | 11-Jul | Quivira Park    | Long          | 0  | 6  | 9   | 11  |      | <u>Long Run</u>                   | HALF | 6BUs |        | Band |      |       | Leg Elv |
|    | Sunday    | 12-Jul |                 | OFF           | 0  | 0  | 0   | 0   |      | OFF                               |      |      |        |      |      |       |         |
| 6  | Monday    | 13-Jul | Verhaeghe Prk   | Tempo/(PM)    | 4  | 5  | 8   | 11  | TAPP | <u>Short Rep Tempo Workout #3</u> | FULL |      |        |      | Roll |       | Leg Elv |
|    | Tuesday   | 14-Jul | Black Bob Prk   | Recovery/(PM) | 3  | 4  | 6   | 10  | TAPP | Recovery Run                      | LL   | 4BUs | HT     | Band |      | Strch |         |
|    | Wednesday | 15-Jul |                 | Steady        | 3  | 4  | 7   | 8   |      | Light Steady Run                  | HALF | 4BUs | HT     |      |      |       | Leg Elv |
|    | Thursday  | 16-Jul | BVSW Track      | CV+/(PM)      | 4  | 6  | 7   | 12  | TAPP | <u>CV+ Reps #1</u>                | FULL |      |        |      | Roll |       | Leg Elv |
|    | Friday    | 17-Jul | Heritage Prk #8 | Recovery      | 3  | 4  | 5   | 7   |      | Recovery Run                      | LL   | 4BUs | HT     | Band | Roll | Strch |         |
|    | Saturday  | 18-Jul | TBD             | Easy          | 0  | 6  | 8   | 10  |      | <u>Easy Long Run</u>              | LL   | 6BUs | HT     | Band |      |       | Leg Elv |
|    | Sunday    | 19-Jul |                 |               | 0  | 0  | 0   | 0   |      |                                   |      |      |        |      |      |       |         |
| 7  | Monday    | 20-Jul | TBD             | Steady/(PM)   | 4  | 5  | 6   | 10  | Dbl  | Light Steady Run                  | HALF | 4BUs | HT     |      | Roll | Strch |         |
|    | Tuesday   | 21-Jul | TBD             | Steady/(PM)   | 4  | 5  | 7   | 11  | Dbl  | Steady Run                        | HALF | 4BUs |        | Band |      | Strch | Leg Elv |
|    | Wednesday | 22-Jul |                 | Recovery      | 3  | 4  | 5   | 7   |      | Recovery Run                      | LL   | 4BUs | HT     |      |      | Strch |         |
|    | Thursday  | 23-Jul | BVSW Track      | Tempo/(PM)    | 4  | 6  | 7   | 12  | TAPP | <u>Long Rep Tempo Workout #3</u>  | FULL |      |        |      | Roll |       | Leg Elv |
|    | Friday    | 24-Jul | Pancake Brk #4  | Recovery      | 3  | 3  | 5   | 7   |      | Recovery Run                      | LL   | 4BUs | HT     | Band | Roll | Strch |         |
|    | Saturday  | 25-Jul | Deanna Rose     | Long          | 0  | 7  | 10  | 12  |      | <u>Long Run</u>                   | HALF | 6BUs |        | Band |      |       | Leg Elv |
|    | Sunday    | 26-Jul |                 |               | 0  | 0  | 0   | 0   |      |                                   |      |      |        |      |      |       |         |

|                                                                                |           |                    |                    |                                   |              |             |     |       |                         |                                   |                                            |      |    |      |      |       |         |
|--------------------------------------------------------------------------------|-----------|--------------------|--------------------|-----------------------------------|--------------|-------------|-----|-------|-------------------------|-----------------------------------|--------------------------------------------|------|----|------|------|-------|---------|
| 8                                                                              | Monday    | 27-Jul             | Verhaeghe Prk      | Tempo/(PM)                        | 4            | 6           | 8   | 12    | TAP (LT)                | <u>Short Rep Tempo Workout #4</u> | Full                                       | 4BUs | HT | Band | Roll | Strch | Leg Elv |
|                                                                                | Tuesday   | 28-Jul             | Black Bob Prk      | Recovery/(PM)                     | 3            | 4           | 6   | 10    | TAPP                    | Recovery Run                      | LL                                         | 4BUs | HT |      |      |       |         |
|                                                                                | Wednesday | 29-Jul             |                    | Steady                            | 4            | 5           | 7   | 8     |                         | Light Steady Run                  | HALF                                       | 4BUs | HT |      |      |       | Leg Elv |
|                                                                                | Thursday  | 30-Jul             | BVSW Track         | Mills/(PM)                        | 4            | 6           | 7   | 11    | TAPP                    | <u>Full Mills</u> (CV)            | FULL                                       |      |    |      | Roll |       | Leg Elv |
|                                                                                | Friday    | 31-Jul             | Heritage Prk #8    | Recovery/(PM)                     | 3            | 4           | 5   | 10    | Dbl                     | Recovery Run                      | LL                                         | 4BUs | HT | Band | Roll | Strch |         |
|                                                                                | Saturday  | 1-Aug              | Rotation #3        | Easy                              | 3            | 7           | 9   | 11    |                         | <u>Easy Long Run</u>              | LL                                         | 6BUs | HT | Band |      |       | Leg Elv |
|                                                                                | Sunday    | 2-Aug              |                    |                                   | 0            | 0           | 0   | 0     |                         |                                   |                                            |      |    |      |      |       |         |
| 9                                                                              | Monday    | 3-Aug              | Verhaeghe Prk      | Steady/(PM)                       | 3            | 5           | 6   | 11    | TAPP                    | Light Steady Run                  | HALF                                       | 4BUs | HT | Band | Roll | Strch |         |
|                                                                                | Tuesday   | 4-Aug              | Black Bob Prk      | Tempo/(PM)                        | 4            | 6           | 7   | 12    | TAP (LT)                | <u>Long Rep Tempo Workout #4</u>  | FULL                                       |      |    |      | Roll |       | Leg Elv |
|                                                                                | Wednesday | 5-Aug              |                    | Recovery                          | 3            | 4           | 6   | 6     |                         | Recovery Run                      | LL                                         | 4BUs | HT |      |      | Strch |         |
|                                                                                | Thursday  | 6-Aug              | BVSW Track         | CV+/(PM)                          | 4            | 6           | 7   | 11    | TAPP                    | <u>CV+ Reps #2</u>                | FULL                                       |      |    |      | Roll |       | Leg Elv |
|                                                                                | Friday    | 7-Aug              | Pancake Brk #5     | Recovery/(PM)                     | 3            | 3           | 5   | 10    | Dbl                     | Recovery Run                      | LL                                         | 4BUs | HT | Band | Roll | Strch |         |
|                                                                                | Saturday  | 8-Aug              | I-Lan park         | Long                              | 3            | 8           | 11  | 13    |                         | <u>Long Run*</u>                  | HALF                                       | 6BUs |    | Band |      |       | Leg Elv |
|                                                                                | Sunday    | 9-Aug              |                    |                                   | 0            | 0           | 0   | 0     |                         |                                   |                                            |      |    |      |      |       |         |
| 10                                                                             | Monday    | 10-Aug             | <b>BVSW Track</b>  | Speed/(PM)                        | 3            | 5           | 7   | 11    | TAPP                    | <u>Speed Work #2</u>              | SPWU                                       |      |    |      |      |       | Leg Elv |
|                                                                                | Tuesday   | 11-Aug             | Black Bob Prk      | Recovery/(PM)                     | 3            | 4           | 6   | 11    | TAPP                    | Recovery Run                      | LL                                         | 4BUs | HT | Band | Roll | Strch |         |
|                                                                                | Wednesday | 12-Aug             |                    | Steady                            | 4            | 5           | 6   | 8     |                         | Light Steady Run                  | HALF                                       | 4BUs | HT |      |      |       | Leg Elv |
|                                                                                | Thursday  | 13-Aug             | <i>TBD</i>         | Tempo                             | 4            | 6           | 7   | 8     |                         | <u>Short Rep Tempo Workout #5</u> | FULL                                       |      |    |      |      |       | Leg Elv |
|                                                                                | Friday    | 14-Aug             | <i>TBD</i>         | Recovery                          | 3            | 4           | 5   | 7     |                         | Recovery Run                      | LL                                         | 4BUs | HT |      |      | Strch |         |
|                                                                                | Saturday  | 15-Aug             | <i>Rotation #4</i> | Easy                              | 4            | 8           | 10  | 12    |                         | <u>Easy Long Run</u>              | LL                                         | 6BUs | HT | Band | Roll |       | Leg Elv |
|                                                                                | Sunday    | 16-Aug             |                    | rec                               | 0            | 0           | 0   | 3     |                         | rec run                           |                                            |      |    |      |      |       |         |
| Performance Level Equivalence (PLE)                                            |           |                    |                    | Weekly Miles                      | Wt           | Gr          | Blk | El    | Quality Workout Details |                                   |                                            |      |    |      |      |       |         |
| Personal Bests                                                                 |           | PLE (#) 1.0        |                    |                                   |              |             |     |       | Date                    | Type                              | Details                                    |      |    |      |      |       |         |
| 5kXC                                                                           | 26:54.0   | mi pace            | 8:36.5             | Week 0                            | 9            | 12          | 20  | 25    | 15-Jun                  | Short Rep Tempo Workout #1        | E-(10x0.5mi@LT-15s), B(-2), G(-4), W(-6)   |      |    |      |      |       |         |
| 5k                                                                             | 26:14.6   | mi pace            | 8:23.9             | Week 1                            | 12           | 18          | 31  | 40    | 18-Jun                  | Full Mills (Stdy)                 | ALL-Steady 1st mile, Full effort up Mills  |      |    |      |      |       |         |
| 32                                                                             | 16:12.0   | mi pace            | 8:06.0             | Week 2                            | 14           | 19          | 34  | 46    | 23-Jun                  | Long Rep Tempo Workout #1         | E-(3x1.5mi@LT-90s), B-(-1), G&W-(-2)       |      |    |      |      |       |         |
| 16                                                                             | 7:30.0    | 400m pace          | 1:52.5             | Week 3                            | 13           | 25          | 34  | 51    | 25-Jun                  | Speed Work #1                     | E-(4x8s@HillSprnt)                         |      |    |      |      |       |         |
| 8                                                                              | 3:25.5    | 400m pace          | 1:42.7             | Week 4 (OYO)                      | 18           | 25          | 36  | 49    | 1-Jul                   | Short Rep Tempo Workout #2        | E-(11x0.5mi@LT-45s), B(-2), G(-4), W(-6)   |      |    |      |      |       |         |
| <b>Easy Pace</b><br>10:35.0                                                    |           |                    |                    | Week 5                            | 14           | 26          | 38  | 54    | 7-Jul                   | Long Rep Tempo Workout #2         | E&B-(3x1.5mi@LT-60/120s), G-(-1), W-(-2)   |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Week 6                            | 17           | 29          | 41  | 58    | 9-Jul                   | Full Mills (Tempo)                | ALL-Tempo 1st mile, Full effort up Mills   |      |    |      |      |       |         |
| <b>Steady Pace - Range</b><br>9:49.8 - 10:20.0                                 |           |                    |                    | Week 7                            | 18           | 30          | 40  | 59    | 13-Jul                  | Short Rep Tempo Workout #3        | E-(12x0.5mi@LT-45s), B-(), G-(), W-()      |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Week 8                            | 21           | 32          | 42  | 62    | 16-Jul                  | CV+ Reps #1                       | E-(6x1k@CV, 5x2@1mi), B-(), G-(), W-()     |      |    |      |      |       |         |
| <b>Lactic Threshold Pace</b><br>8:57.2 9:23.5                                  |           |                    |                    | Week 9                            | 20           | 32          | 42  | 63    | 23-Jul                  | Long Rep Tempo Workout #3         | E-(4x1mi@LT-60s),                          |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Week 10                           | 21           | 32          | 41  | 60    | 27-Jul                  | Short Rep Tempo Workout #4        | E-(12x0.5mi@LT-45s), B-(), G-(), W-()      |      |    |      |      |       |         |
| <b>Critical Velocity</b> <b>1k CV Pace</b><br>8:33.9                    5:21.2 |           |                    |                    | <b>Group: Summer Mileage</b>      |              |             |     |       | 30-Jul                  | Full Mills (CV)                   | ALL-CV Pace 1st mile, Full effort up Mills |      |    |      |      |       |         |
|                                                                                |           |                    |                    | White                             | 177          | -           | 18  | mi/wk | 4-Aug                   | Long Rep Tempo Workout #4         | E-(4x1.5mi@LT-90s), B-(), G-(), W-()       |      |    |      |      |       |         |
| <b>5k Track - 1mi Pace</b><br>8:23.9                                           |           |                    |                    | Green                             | 280          | -           | 28  | mi/wk | 6-Aug                   | CV+ Reps #2                       | E-(8x800@CV, 3x300@1mi), B-(), G-(), W-()  |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Black                             | 399          | -           | 40  | mi/wk | 10-Aug                  | Speed Work #2                     | E-(5x8s@HillSprnt), B-(), G-(), W-()       |      |    |      |      |       |         |
| <b>5k Track - 1k Pace</b><br>5:14.9                                            |           |                    |                    | Elite                             | 567          | -           | 57  | mi/wk | 13-Aug                  | Short Rep Tempo Workout #5        | E-(12x0.5mi@LT-45s), B-(), G-(), W-()      |      |    |      |      |       |         |
|                                                                                |           |                    |                    |                                   |              |             |     |       |                         |                                   |                                            |      |    |      |      |       |         |
| <b>5k Track - 1mi Pace</b>                                                     |           | <b>5k XC - 1mi</b> |                    | <b>Full Mills - Maestro Times</b> |              |             |     |       |                         |                                   |                                            |      |    |      |      |       |         |
| 8:23.9                                                                         |           | 8:36.5             |                    | <u>Level</u>                      | <u>Girls</u> | <u>Boys</u> |     |       |                         |                                   |                                            |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Green                             | 13:00        | 11:00       |     |       |                         |                                   |                                            |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Black                             | 12:00        | 10:00       |     |       |                         |                                   |                                            |      |    |      |      |       |         |
|                                                                                |           |                    |                    | Elite                             | 11:00        | 9:00        |     |       |                         |                                   |                                            |      |    |      |      |       |         |