

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
0	Monday	26-May	BVSW	Track Season													
	Tuesday	27-May	BVSW	Track Season													
	Wednesday	28-May	BVSW	Track Season													
	Thursday	29-May	BVSW	Track Season													
	Friday	30-May	Wichita	Track Season													
	Saturday	31-May	Wichita	Track Season													
	Sunday	1-Jun															
1	Monday	2-Jun	On Your Own	Rec or Steady						Recovery Run or Steady Run	LL/HLF	opt	HT			Strch	
	Tuesday	3-Jun	On Your Own	Rec or Steady						Recovery Run or Steady Run	LL/HLF	opt	HT				Leg E
	Wednesday	4-Jun								OFF							
	Thursday	5-Jun	On Your Own	Rec or Steady						Recovery Run or Steady Run	LL/HLF	opt	HT				Leg E
	Friday	6-Jun	On Your Own	Rec or Steady						Recovery Run or Steady Run	LL/HLF	opt	HT			Strch	
	Saturday	7-Jun	On Your Own	Steady						Steady Run	HALF	opt	HT				Leg E
	Sunday	8-Jun															
2	Monday	9-Jun	Black Bob Prk	Steady/Dbl	3	5	5	9	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	10-Jun	BVSW	Speed/Dbl	3	4	5	9	TAPP	<u>Speed Work #1</u>	SPD						Leg E
	Wednesday	11-Jun			0	0	0	0		OFF							
	Thursday	12-Jun	Verheaghe	Steady/Dbl	3	5	5	9	TAPP	<u>Broken</u> Steady Run	HALF	4BU	HT		Roll		
	Friday	13-Jun	Pancakes (TBA)	Recovery	3	4	4	5		Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	14-Jun	Deanna Rose	Long	4	6	7	8		<u>Long Run</u>	HALF	6BU	HT				Leg E
	Sunday	15-Jun			0	0	0	0		OFF							
3	Monday	16-Jun	Black Bob Prk	Steady/Dbl	3	5	8	10	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	17-Jun	BVSW	Speed/Dbl	3	4	5	9	TAPP	<u>Speed Work #2</u>	SPD						Leg E
	Wednesday	18-Jun		Recovery	0	0	4	5		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	19-Jun	Verheaghe	Steady/Dbl	3	5	5	10	TAPP	<u>Broken</u> Steady Run	HALF	4BU	HT		Roll		
	Friday	20-Jun	Heritage Prk #8	Recovery	3	4	4	5		Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	21-Jun	I-Lan Park	Long	4	7	8	9		<u>Long Run</u>	HALF	6BU	HT				Leg E
	Sunday	22-Jun			0	0	0	0		OFF							
4	Monday	23-Jun	Black Bob Prk	Steady/Dbl	3	5	9	11	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	24-Jun	BVSW	Speed/Dbl	3	5	5	10	TAPP	<u>Speed Work #3</u>	SPD						Leg E
	Wednesday	25-Jun		Recovery	0	0	5	6		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	26-Jun	Verheaghe	Mills/Dbl	3	5	6	11	TAPP	<u>Full Mills (Stdy)</u>	FULL				Roll		Leg E
	Friday	27-Jun	Pancakes (TBA)	Recovery/Dbl	3	4	4	7	Dbl	Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	28-Jun	Quivira Park	Long	5	7	8	10		<u>Long Run</u>	HALF	6BU	HT				Leg E
	Sunday	29-Jun			0	0	0	0		OFF							
5	Monday	30-Jun	On Your Own	Steady/Dbl	3	5	8	10	Dbl	Steady Run	HALF	4BU	HT			Strch	
	Tuesday	1-Jul	On Your Own	Steady/Dbl	3	5	6	10	Dbl	<u>Broken</u> Steady Run	HALF	4BU	HT				Leg E
	Wednesday	2-Jul		Recovery	0	0	5	7		Recovery Run	LL	4BU	HT			Strch	
	Thursday	3-Jul	On Your Own	Pre-Meet/Dbl	3	4	4	8	Dbl	Pre-Meet Recovery	LL	4BU	HT			Strch	Leg E
	Friday	4-Jul	Lenexa	RACE	5	5	7	9		<u>RACE</u> +Extended CD	FULL						Leg E
	Saturday	5-Jul	On Your Own	Recovery/Dbl	3	5	6	10	Dbl	Recovery Run	LL	4BU	HT			Strch	
	Sunday	6-Jul			0	0	0	0		OFF							
6	Monday	7-Jul	Black Bob Prk	Steady/Dbl	4	5	9	12	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	8-Jul	BVSW	Speed/Dbl	3	5	6	10	TAPP	<u>Speed Work #4</u>	SPD						Leg E
	Wednesday	9-Jul		Recovery	0	3	5	7		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	10-Jul	Verheaghe	Mills/Dbl	4	5	9	12	TAPP	<u>Full Mills (LT)</u>	FULL				Roll		Leg E
	Friday	11-Jul	Pancakes (TBA)	Recovery/Dbl	3	4	5	9	Dbl	Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	12-Jul	I-Lan Park	Long	5	8	9	11		<u>Long Run</u>	HALF	6BU	HT				Leg E
	Sunday	13-Jul			0	0	0	0									
7	Monday	14-Jul	Black Bob Prk	Steady/Dbl	4	6	10	12	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	15-Jul	BVSW	Speed/Dbl	3	5	6	10	TAPP	<u>Speed Work #5</u>	SPD						Leg E
	Wednesday	16-Jul		Recovery	0	4	6	7		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	17-Jul	Verheaghe	Steady/Dbl	4	5	9	12	TAPP	<u>Broken</u> Steady Run	HALF	4BU	HT		Roll		

	Friday	18-Jul	Heritage Prk #8	Recovery	3	4	5	7		Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	19-Jul	Quivira Park	Long	5	9	10	12		Long Run	HALF	6BU	HT				Leg E
	Sunday	20-Jul				0	0	0									
8	Monday	21-Jul	Black Bob Prk	Steady/Dbl	4	6	10	12	TAPP	Broken Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	22-Jul	BVSW	Speed/Dbl	4	5	6	10	TAPP	Speed Work #6	SPD						Leg E
	Wednesday	23-Jul		Recovery	0	5	6	7		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	24-Jul	Verheaghe	Mills/Dbl	4	6	10	12	TAPP	Full Mills (CV)	FULL				Roll		Leg E
	Friday	25-Jul	Pancakes (TBA)	Recovery/Dbl	4	6	6	11	Dbl	Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	26-Jul	Deanna Rose	Steady	4	6	7	9		Steady Run	HALF	6BU	HT				Leg E
	Sunday	27-Jul			0	0	0	3									
9	Monday	28-Jul	Black Bob Prk	Steady/Dbl	4	6	10	11	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	29-Jul	BVSW	CV+Reps/Dbl	3	6	6	11	TAPP	CV+Reps #1	FULL				Roll		Leg E
	Wednesday	30-Jul		Recovery	0	5	7	8		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	31-Jul	Verheaghe	Steady/Dbl	4	6	10	12	TAPP	Broken Steady Run	HALF	4BU	HT		Roll		
	Friday	1-Aug	Heritage Prk #8	Recovery/Dbl	3	5	6	10	Dbl	Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	2-Aug	I-Lan Park	Long	6	9	11	13		Long Run	HALF	6BU	HT				Leg E
	Sunday	3-Aug			0	0	0	3									
10	Monday	4-Aug	Black Bob Prk	Steady/Dbl	4	6	11	12	TAPP	Broken Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	5-Aug	BVSW	Speed/Dbl	4	6	6	10	TAPP	Speed Work #7	SPD						Leg E
	Wednesday	6-Aug		Recovery	0	5	7	8		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	7-Aug	Verheaghe	Mills/Dbl	4	6	10	12	TAPP	Full Mills (5k)	FULL				Roll		Leg E
	Friday	8-Aug	Pancakes (TBA)	Recovery/Dbl	3	5	6	10	Dbl	Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	9-Aug	Quivira Park	Steady	4	6	7	9		Steady Run	HALF	6BU	HT				Leg E
	Sunday	10-Aug			0	0	0	3									
11	Monday	11-Aug	Black Bob Prk	Steady/Dbl	4	6	10	10	TAPP	Steady Run	HALF	4BU	HT	Band	Roll		
	Tuesday	12-Aug	BVSW	CV+Reps/Dbl	4	6	6	12	TAPP	CV+Reps #2	FULL				Roll		Leg E
	Wednesday	13-Aug		Recovery	0	6	7	8		Recovery Run	LL	4BU	HT	Band		Strch	
	Thursday	14-Aug	TBA	Steady	4	6	11	10	TAPP	Broken Steady Run	HALF	4BU	HT		Roll		
	Friday	15-Aug	TBA	Recovery	3	5	6	9	Dbl	Recovery Run	LL	4BU	HT	Band	Roll	Strch	
	Saturday	16-Aug	TBA	Long	6	10	12	14		Long Run	HALF	6BU	HT				Leg E
	Sunday	17-Aug			0	0	0	0									
Performance Level Equivalence (PLE)				Weekly Miles					Quality Workout Details								
Personal Bests		PLE (#) 29.0		Week 0					Date		Type		Details				
5kxc	17:53.2	mi pace	5:43.4	Week 1					10-Jun	Speed Work #1		ALL-5 x 6s Hill Sprints					
5k	17:27.1	mi pace	5:35.1	Week 2					17-Jun	Speed Work #2		ALL-6 x 6s Hill Sprints					
32	10:46.3	mi pace	5:23.2	Week 3					24-Jun	Speed Work #3		ALL-4 x Flying 30m Flat Sprints					
16	4:59.2	400m pace	1:14.8	Week 4					8-Jul	Speed Work #4		ALL-4 x 8s Hill Sprints					
8	2:16.6	400m pace	1:08.3	Week 5 (OVO)					15-Jul	Speed Work #5		ALL-5 x 8s Hill Sprints					
<u>Easy Pace</u> 7:42.0 <u>Steady Pace - Range</u> 6:38.4 - 7:20.8 <u>Lactic Threshold Pace</u> 6:03.3 <u>Critical Velocity</u> <u>1k CV Pace</u> 5:48.6 3:37.9 <u>5k Track - 1mi Pace</u> <u>5k XC - 1mi</u> 5:35.1 5:43.4 <u>5k Track - 1k Pace</u> <u>5k XC - 1k</u> 3:29.4 3:34.6				Week 6					22-Jul	Speed Work #6		ALL-4 x Flying 30m Flat Sprints					
				Week 7					29-Jul	CV+Reps #1		E-(6x1k, 300, 2x2) B-(-1k) G-(-2x1k, -2) W-(-3x1k, -3)					
				Week 8					5-Aug	Speed Work #7		ALL-6 x 8s Hill Sprints					
				Week 9					12-Aug	CV+Reps #2		E-(4x8, 2x16, 2x3, 2x2) B-(+8, -16, -3) G-(+2x8, -2x16, -3) W-()					
				Week 10													
				Week 11													
				Group: Summer Mileage													
White					184	-	18	mi/wk									
Green					306	-	31	mi/wk									
Black					416	-	42	mi/wk									
Elite					577	-	58	mi/wk									
Full Mills - Maestro Times																	
Level					Girls	Boys											
Green					13:00	11:00											
Black					12:00	10:00											
Elite					11:00	9:00											