

## High School Summer Running

After the HS Track & Field running break we will begin summer group runs.

### **June:**

#### **Ins/outs miles**

During the month of June we begin with ins/outs miles. We run to Titan Stadium track or the shaded trail near Evergreen and Red Arrow Park. These workouts allow athletes to get accustomed to a pace while keeping the group together. The more experienced runners will do a longer warm up and cool down.

#### **Outside of group runs**

In June the runs outside of our group runs are easy miles.

**New runners** - runs should be 1-3 miles for 2 to 3 of the days we do not meet. Total 4-5 days of running a week (that gives them 2-3 days of not running). I like a warm up (found on website), run a mile at a comfortable pace, rest 2-3 minutes, run a second mile at the same pace or a little faster. Then do injury prevention with strengthening and lengthening (found on website). Athletes can extend the mileage or minutes running each session as they feel comfortable. Total miles per week is 10-15.

**Experienced runners** - runs are 3-4 miles at a comfortable pace. A long run for some can be added but not more than 5 miles at this time. Always add injury prevention with lengthening and strengthening. Athletes can also continue the individual lifting program from Andrew Wagner. Remember June is relaxed and focused on starting up again with a lot of mobility.

#### **Ideas to see progress:**

1. Have a watch
2. Keep a running log and write down runs, distance, times, weather
3. Have a plan for each week of running. What days you will run and time of day.
4. Contact Coach Moore about your plan, progress or questions.
5. Enjoy summer! Summer is a time for family, friends, and non scheduled activities!