

# **Summer Distance Running Program**

First off, it is important to understand that training takes place in phases throughout the year. At some points in the season it is important to push yourself to the limit to get your body used to moving faster. At other times it is important to give our mind and body a rest so you can rebuild and recharge. High school track programs are designed to have athletes peak at the SHSAA High School Provincial Track Meet. Summer is meant as a time of recuperation.

Now, that being said, if you have the time and inclination to continue doing some training in the summer, that is wonderful. Just be aware that you are in a less intense cycle of training. For this reason, it is important that you approach your workouts with a more relaxed approach.

This program is designed to be flexible. If you miss a workout, that's okay. If you are playing other summer sports, then you need to take that into consideration. Have fun, and enjoy your summer!

## **The Program**

1. Each week choose one workout from section A, one from section B, and one (or maybe 2) from section C.
  - a. Workouts from section A and B should **NOT** be done on consecutive days. This means leave at least one day between.
  - b. Workouts from section C can be done on the days between workouts A and B.
  - c. If you can space your rest days out to every 2-3 days, that is great, but if you have summer plans and need to put them together in a group that is okay too.
  - d. If you want to do lots of different workouts, that is wonderful. If you find some that you like better than others, that is okay too.
  - e. If you miss a workout, that is okay. If you miss section A or B one week try to miss a different one next time.
2. All workouts **MUST** be preceded by a proper dynamic warmup.
  - i. 2 slow laps
  - ii. Mach A, B, C (3 x 15m)
  - iii. Walking lunges, reach for the sky, arm circles, etc.
  - iv. Accelerations (3 x 30m)
3. Do not do these workouts on a day when you have another high intensity sport event (PSL, etc.)
4. Be sure to incorporate stretching/core after the workout. Use the exercises from the winter training.
5. Cross-country season begins in September and is one of the best base training programs for track. This is the next phase in the yearly training cycle.

## **Section A (Speed) – rest (1 min between reps/5 minutes between sets)**

1. 3 x (4 x 200) – 800m pace (or quicker)
2. 3 x (100/200/300/200/100) – maximum effort
3. 1 x (8 x 200m) – maximum effort
4. 3 x (3 hills – accelerate up/rest down) – John Diefenbaker or St. Francis

### **Section B(Tempo)**

1. 2 x (3 x 400) – 1500m pace (1:30 between reps/5 minutes between sets)
2. 6 x 400m (800 pace/1500 pace/800 pace/1500 pace, etc) – 3-4 minutes between each rep.
3. 3 x (3 x 300) – 1500m pace (1:30 between reps/5 minutes between sets)
4. 2 x (5 x 200) – 800m pace – 1 min between reps/5 minutes between sets
  - a. 400 w/ 50m kick (3-4 minute rest)
  - b. 400 w/ 100m kick (3-4 minute rest)
  - c. 400 w / 150m kick

### **Section C (Endurance)**

1. 20-30 minute steady state run
2. 5 x 1000m – 3000m pace w/ 1 minute rest between reps
3. Circuit training – 20-30 minutes
  - a. One lap then one exercise (10 reps)
    - i. Push-ups
    - ii. Jumping jacks
    - iii. Shoulder Push-ups
    - iv. Burpees
    - v. Front-back Jumping jacks
    - vi. Tuck Jumps
    - vii. Crunches
    - viii. Squats
    - ix. Supermans
    - x. Side lunges