**Summer Running Program**

This summer, I would like each of you to log your mileage. You may do so manually, or using an app like “Run Keeper”. You may collect mileage data from **6/1/2018** to **8/7/2018**. Accurately logging your weekly running totals (not including warm-ups/cool-downs or bike rides), nutrition, sleep patterns, etc. for the next ten weeks will allow you to set goals and monitor the investment that you make in your own self-improvement. Participating athletes will receive a running club t-shirt, which includes his or her summer mileage total (must run at least 250 miles to qualify).

You should vary your training and incorporate various running workouts, cross-training (including weight lifting, biking, swimming, and other low-impact aerobic exercises), and periods of recovery.

**Sample Workout:** *Sun.- Rest/Cross-Train, Mon.- Tempo, Tues.- Speed, Weds. – EZ/Cross-Train, Thurs. – Hill Work, Fri. – EZ, Sat. – Long Run*

The average boy should run around 300 miles, and the average girl should run around 250 miles this summer. Elite athletes should run more, and beginners should run less. Note: Overtraining is the leading cause of injury in our sport, so be smart. Hydrate, listen to your body, run on natural surfaces, sleep and eat well, cross-train, and RECOVER!

**Weekly Mileage Plan**

**Warning:** You should build mileage gradually. Depending on your level of fitness, begin with around 20-25 miles and add 10% per week. For example, if you want to run 300 miles this summer, don’t simply divide 300 by 11 and run 27 miles per week. You’ll need to run less your first couple of weeks and then gradually build throughout the summer. Be sure to periodically include lighter weeks, to allow yourself time to recover.

**Weekly Goals** *(Established during week 1)***:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 - | Week 2 - | Week 3 - | Week 4 - | Week 5 - | Week 6 - |
| Week 7 - | Week 8 - | Week 9 - | Week 10 - | Week 11 - | ***Total:*** |

**My summer mileage goal is: \_\_\_\_\_\_\_\_\_**

**Mileage Club T-Shirts**

**Weekly Totals** *(Actual Miles Ran)***:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week 1 - | Week 2 - | Week 3 - | Week 4 - | Week 5 - | Week 6 - |
| Week 7 - | Week 8 - | Week 9 - | Week 10 - | Week 11 - | ***Go Generals!*** |

**Total Summer Mileage: \_\_\_\_\_\_\_\_**

**Circle** the mileage club t-shirt that you earned this summer:

**250 300 350 400 450 500** - **Shirt Size:** \_\_\_\_\_\_\_\_\_

*By signing below, I acknowledge that the above mileage totals are accurate (not counting warm-ups, cool-downs, or bike rides). All totals represent miles that I actually ran (this sheet should be accompanied by your data).*

**Print Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Sign:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_