

Summer Weekly Mileage Chart: Marion XC

"Because I Can..."

In general, you decide which stage to start on. Starting on Stage 1 and finishing on Stage 10 should give you just over 200 miles for the summer. While you are free to move days of the week around, try to maintain two or three days of running separated by a rest/recovery day. I realize that summer schedules, however, can be tricky so do your best to plan ahead each week to coordinate your run plan and life schedule.

The progression is very gradual and allows for two rest/recovery days each week. I like this schedule especially for someone who is just getting used to the consistency required for summer running. For the most part, summer running is about building up a base of 'easy running @ conversation pace'. There are 4 base building days and one 'long run' each week. The goal is to use the 4 base building days to set the stage for your 'long run' build up through the summer. If you need to, you can break the base building runs into two runs... one in the morning and one in the evening. With the obvious exception of water breaks, try not to break the long run up. Make it one long run.

I highly recommend you add some speed work. Consider modifying the shorter Tuesday runs to be timed runs over a consistent path so you can time yourself to monitor your progress through the summer.

I use <http://www.gmap-pedometer.com/> to determine the distance of my runs. If you need some help figuring it out, let me know!

Stage/ Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles/Week
0	R	2	1	2	R	2	3	10
1	R	3	2	3	R	3	4	14
2	R	3	2	3	R	3	4	15
3	R	3.5	2	3.5	R	4	5	17
4	R	3.5	2	3.5	R	4	5	18
5	R	4	2	4	R	5	6	20
6	R	4	2	4	R	5	6	21
7	R	4.5	3	4.5	R	5	7	24
8	R	4.5	3	4.5	R	5	8	25
9	R	5	3	5	R	5	9	27
10	R	5	3	5	R	5	10	28
11	R	6	3	6	R	6	11	23
12	R	6	3	6	R	6	12	33

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Important notes to keep in mind:

- Pick a time of day to run and be consistent. Make it a habit.
- Be sure to warm up before your workout and stretch out when you finish! Even in a time crunch, it's better to take 5 minutes to do the XC dynamic stretch routine before and our static stretches afterwards (held for 45/60 seconds) than to risk increasing your chance of injury. Giving 10 minutes now could save you a month later trying to rehab an injury during the season!
- Hydrate! Hydrate! Hydrate! Obviously fluid intake is especially important in the summer. Pop, coffee, energy drinks don't really count. Actually, the caffeine in these drinks is a diuretic (means it makes you pee) so you should probably drink even more water if you use the products. Like all junk food, keep it to a minimum.
- Eat more fruits, veggies, and nuts. Your body rebuilds and maintains itself with what you eat. Your energy supply comes from what you eat. Don't blow off this advice. There is a reason Olympic and professional athletes watch their diet. Your body is a complex machine that works most efficiently when provided the right materials found in whole, unprocessed foods.
- Sleep consistently about 8 hrs a night. While this may be different for everyone, it's important to give your body that recovery time!
- Run smart! Safety first. Run on the left side of the road so you face traffic. While cars should respect your right of way, give them extra room by moving as far into the road edge as possible. It may be an inconvenience but it sure beats getting hit by a distracted driver or someone who is driving facing into a sunrise or sunset!
- If you run early in the morning or later in the evening wear bright and/or reflective colors.
- Have fun! Run with someone even if they are on a bike. If you need a break from running, mix in cross training. Riding a bike, playing basketball, take a hike, or actually swimming (not just playing in the water) are excellent summer exercises. While the intensity of these activities can vary, you could probably substitute 30 minutes of moderate effort 'cross training' for a mile of running on your log sheet. Just be sure to indicate what you did on the sheet and be honest with your effort!

Please contact me if you have any questions. While we won't start our Summer Run Club until after the July "no contact" week, feel free to call me or email if you have any issues or a question. jkeeler@marion.k12.mi.us or 231-743-6057 (home).