

SUMMER RUNNING PROGRAM

The Chart

	Level 1	Level 2	Level 3	Level 4
Week 1 (June 3th)	4 miles over 2 runs	5 miles over 2 runs	6 miles over 2 runs	7 miles over 2 runs
Week 2	5 miles over 2 runs	6 miles over 2 runs	7 miles over 2 runs	8 miles over 2 runs
Week 3	6 miles over 2 runs	9 miles over 3 runs	10 miles over 3 runs	10 miles over 3 runs
Week 4	7 miles over 3 runs	10 miles over 3 runs	12 miles over 3 runs	12 miles over 3 runs
Week 5	8 miles over 3 runs	12 miles over 3 runs	14 miles over 4 runs	16 miles over 4 runs
Week 6 Recovery Week	6 miles over 3 runs	7 miles over 3 runs	8 miles over 3 runs	9 miles over 3 runs
Week 7	9 miles over 3 runs	14 miles over 4 runs	16 miles over 4 runs	19 miles over 4 runs
Week 8	10 miles over 3 runs	16 miles over 4 runs	18 miles over 4 runs	22 miles over 5 runs
Week 9	12 miles over 4 runs	17 miles over 4 runs	20 miles over 5 runs	24 miles over 5 runs
Week 10	14 miles over 4 runs	18 miles over 5 runs	24 miles over 5 runs	27 miles over 6 runs
Week 11	16 miles over 5 runs	20 miles over 5 runs	25 miles over 5 runs	28 miles over 6 runs
Total Miles	97	134	160	182
Level Explanation	First Year high school runner or haven't run since last season	Second year high school runner or have a small base to build off of	Third year high school runner training 6 or more months per year	Fourth year high school runner or special permission.
Sample Workouts	First 5 weeks mix walking with running if you need to. Ex 1-mile run, 10-minute walk, 1-mile run. After week 5 work up to all running.	First 3-4 weeks mix walking with running if you need to. 2-mile run, 10-minute walk, .5 mile run, 5-minute walk. After that work up to all running	Break runs up for mileage but try to make all runs at least 3 miles. So, week 2, a 4 and 3 mile, or two 3.5-mile runs would work. Last 3 weeks of plan start adding some tempo runs into your week.	Break runs up for mileage but try to make all runs at least 3 miles. So, week 2, a 3 and 5 mile, or two 4-mile runs would work. Last 3 weeks of plan start adding some tempo runs into your week.