

# *Tornado Summer Running 2024*



*The three most important words  
to any high school runner are  
June, July, and August!*

Below you will find FIVE different mileage plans with basic outlines. These are *GUIDES* and should not be followed rigidly - if you need to switch days around due to scheduling conflicts, family plans, general fatigue, etc.. the miles can get done on any day.

Most of this running should be done at an easy/aerobic pace. Aerobic running literally means ‘with oxygen’ .. with that in mind, the effort level should be one in which oxygen is your primary source of energy and you aren’t hyperventilating at this pace. This is easy running.

What are tempo runs? Tempo workouts are continuous runs that require a sustained effort. Instead of a light jog at an easy pace, you’ll be pushing your body, getting your heart rate up, and testing/strengthening your stamina.

On Fridays, please add some hilly running. *Hills pay the bills!*

Once you begin training, you are *NOT* stuck to a specific level. If you feel like you are getting stronger, you can move up a level. If you feel your body needs more rest, you can move down a level. The most important thing is to get to season feeling healthy and ready to work hard! If you are not sure which level to begin at please don't hesitate to reach out to the coaching staff OR talk with returning upperclassmen for guidance. **\*LEVEL 5 is set for SOME Varsity returning athletes to do ONCE IN AWHILE. For the vast majority of returning Varsity athletes should be bouncing between LEVELS 3 and 4.**

While coaches may be present on any given day, summer running is lead by our experienced returning athletes.

It is important to do some core strengthening exercises and flexibility training as often as you can. Stretch after every run!

If you’d like to dive into more content regarding specific vocabulary and pacing strategies - check out this [LINK](#) to the ‘Jack Daniels’ VDOT Running Calculator.

The first official day of the 2024 season will be **Monday, August 12th at 8:00 AM!** We will meet at the cross-country course (directly south of the tennis courts at the high school).

**LEVEL 1 - Beginners**

Date	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
5.26-6.1	1	0	0	2	0	2	0	3	7
6.2-6.8	2	0	3	2	0	2	0	3	10
6.9-6.15	3	0	3	2	0	4	0	3	12
6.16-6.22	4	0	3	2	0	4	2	3	14
6.23-6.29	5	0	3	4	0	3	2	3	15
6.30-7.6	6	0	4	4	0	3	2	3	16
7.7-7.13	7	0	3	4	0	2	4	3	16
7.14-7.20	8	0	4	3	<b>3 tempo</b>	0	4	3	17
7.21-7.27	9	0	5	3	<b>4 tempo</b>	2	0	3	17

7.28-8.3	10	0	5	3	3 tempo	2	4	3	20
8.4-8.10	11	0	3	3	4 tempo	3	0	3	16
									160

**LEVEL 2 - Beginners/returning for 2nd season**

Date	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
5.26-6.1	1	0	3	0	2 tempo	0	3	2	10
6.2-6.8	2	0	3	0	3 tempo	0	3	3	12
6.9-6.15	3	0	4	2	3 tempo	0	3	4	16
6.16-6.22	4	0	3	0	3 tempo	0	3	3	12
6.23-6.29	5	0	4	2	3 tempo	0	3	4	16
6.30-7.6	6	0	3	4	3 tempo	4	3	3	20
7.7-7.13	7	0	5	3	3 tempo	5	4	4	24
7.14-7.20	8	0	3	4	3 tempo	5	2	3	20
7.21-7.27	9	0	5	3	3 tempo	5	4	4	24
7.28-8.3	10	0	5	3	4 tempo	5	6	5	28
8.4-8.10	11	0	5	6	4 tempo	4	6	7	32
									214

**LEVEL 3 - Intermediate**

Date	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
5.26-6.1	1	0	3	0	2 tempo	0	3	2	10
6.2-6.8	2	0	3	0	3 tempo	0	3	3	12
6.9-6.15	3	0	4	2	3 tempo	0	3	4	16
6.16-6.22	4	0	3	4	3 tempo	4	3	3	20
6.23-6.29	5	0	5	3	3 tempo	5	4	4	24
6.30-7.6	6	0	5	3	4 tempo	5	6	5	28
7.7-7.13	7	0	5	6	4 tempo	4	6	7	32
7.14-7.20	8	0	5	4	5 tempo	4	4	6	28
7.21-7.27	9	0	7	6	5 tempo	6	3	5	32
7.28-8.3	10	2	5	6	5 tempo	6	5	7	36
8.4-8.10	11	3	8	6	5 tempo	7	6	5	40
									278

**LEVEL 4 - Advanced**

Date	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
5.26-6.1	1	0	4	2	3 Tempo	2	4	3	18
6.2-6.8	2	0	3	4	3 Tempo	4	3	5	22
6.9-6.15	3	0	5	3	4 Tempo	5	4	5	26
6.16-6.22	4	0	5	6	4 Tempo	4	5	6	30
6.23-6.29	5	0	6	5	5 Tempo	6	5	7	34
6.30-7.6	6	0	7	6	5 Tempo	7	6	7	38
7.7-7.13	7	0	8	7	6 Tempo	7	6	8	42
7.14-7.20	8	0	8	7	6 Tempo	5	7	5	38
7.21-7.27	9	3	8	7	6 Tempo	3	7	8	42

7.28-8.3	10	5	9	6	<b>7 Tempo</b>	8	7	6	46
8.4-8.10	11	5	10	8	<b>7 Tempo</b>	8	7	5	50
									<b>386</b>

***LEVEL 5 - Advanced/experienced runners only***

Date	Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
5.26-6.1	1	0	5	4	<b>4 tempo</b>	5	4	6	28
6.2-6.8	2	0	5	6	<b>4 tempo</b>	4	6	7	32
6.9-6.15	3	0	6	5	<b>5 tempo</b>	6	6	8	34
6.16-6.22	4	0	8	6	<b>5 tempo</b>	8	6	7	40
6.23-6.29	5	0	10	7	<b>6 tempo</b>	8	6	7	44
6.30-7.6	6	0	11	8	<b>6 tempo</b>	8	7	8	48
7.7-7.13	7	0	12	9	<b>7 tempo</b>	9	7	8	52
7.14-7.20	8	4	12	6	<b>5 tempo</b>	8	6	7	48
7.21-7.27	9	5	12	7	<b>6 tempo</b>	8	7	7	52
7.28-8.3	10	7	11	8	<b>7 tempo</b>	8	8	7	56
8.4-8.10	11	7	12	8	<b>7 tempo</b>	8	7	8	57
									<b>491</b>

\*\*make sure to take a rest day if needed during the last 4 weeks of heavy mileage.