



## Summer Distance Plan

I have broken the plan based mostly on past experience. Find the group in which you would fit or ask Coach Edens or Coach Geiger the group you would fit.

- It is vital that you are running on a consistent basis to have the most success during the competition phase of the season. It is also important that the long run of the week is accomplished.
- You will be building your long run until you hit the max that we are looking for and then you will be maintaining that distance. The veterans will also incorporate tempo runs/progression runs/fartlek runs earlier than we have before.

Group A (2 sub-groups): One group will max out at 14 miles while the other at 12 miles.

Group B: Max long run will be 10 miles

Group C: Max long run will be 7-8 miles

Group D: Max long run will be 7 miles

	A	B	C	D
June 1-7	2 days running Long: 3-4miles	2 days running Long: 3 miles	2 days running Long: 2 miles	2 days running Long: 2 miles
June 8-14	4 days running Long: 6 miles Reg: 4-5 miles	4 days running Long: 5 miles Reg: 3-4 miles	4 days running Long: 3 miles Reg: 2 miles	4 days running Long: 2 miles Reg: 2 miles
June 15-21	5 days running Long: 7 miles Reg: 5 miles	5 days running Long: 6 miles Reg: 4 miles	5 days running Long: 4 miles Reg: 2-3 miles	5 days running Long: 2 miles Reg: 2 miles
June 22-28	5 days running Long: 8 miles Reg: 5-6 miles	5 days running Long: 7 miles Reg: 4-5 miles	5 days running Long: 4 miles Reg: 3 miles	5 days running Long: 3 miles Reg: 3 miles
June 29-July 5	6 days running Long: 9 miles Reg: 6 miles	6 days running Long: 7 miles Reg: 4-5 miles	6 days running Long: 5 miles Reg: 3 miles	6 days running Long: 3 miles Reg: 3 miles
July 6-12 <b>Practice Starts on Tuesday</b>	6 days running Long: 9 miles Reg: 6-7 miles +progression	6 days running Long: 8 miles Reg: 5 miles +progression	6 days running Long: 5 miles Reg: 3-4 miles	6 days running Long: 4 miles Reg: 3-4 miles

Any questions or individual plans email:

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“Perfection is not attainable, but if we chase perfection we can catch excellence”  
— Vince Lombardi