

ROBIN HILL SUMMER TRAINING PLAN

This is an 9-week program designed to elevate your mileage slowly and build your fitness so you will be able to “hit the ground running” in July. The workouts are not set in stone, so you can adjust them to suit individual needs such as vacations, random obligations, illness, or injury. If you follow the plan diligently, you will be faster and in better shape than last year. The structure will be a good introduction to the way in which the season will progress for the team. There are four very important points we will stress early and often. 1) Keep a running log of all the workouts you do, with comments about how it felt. This is a good habit to develop because you can use it for reference in the years to come. 2) Whenever possible, avoid running on paved or concrete surfaces. Grass and dirt are much easier on your legs. 3) Get a watch with a stopwatch or use a running app, (Ex. Strava) so you can monitor your pace and training times. 4) Get a pair of running shoes. OK Runner or Red Coyote are great running stores that can help you pick a pair best for you and they may offer discounts for RH runners. Please look over the following information and let's get STARTED!

Pace/ Workout Descriptions

EASY: Recovery pace, not ridiculously slow; an “as you feel” pace; “Talking” jog pace

EASY/MODERATE: Relaxed, picking it up to a little faster than easy pace

MODERATE: The pace you go when you are on a “regular run;” It's not hard, just a decent enjoyable effort

LONG: You will do one long run every week, usually Saturday. These runs are done at a relaxed pace, no faster than moderate effort. The long runs will make you strong, both physically and mentally.

TEMPO: About 30 seconds per mile slower than your current 3 mile pace (about 15 seconds slower than 1.5 mile pace for middle school runners). These runs are to be done on a flat course and the same pace be maintained throughout. “Comfortably hard” as we will call it, tempo workouts are the most important tool for improving your fitness and endurance. Also known as “Anaerobic Threshold Pace,” this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer. To get you used to how the season is structured, this key workout is on Wednesdays, like it will likely be in the fall.

WARM UP/COOL DOWN: You will warm up for at least one mile; Your standard warm up for every run, including races, will be 10 to 15 minutes of easy pace. Follow the run with a quick series of dynamic stretches of major muscles and anything that needs it. For harder workouts, the warm up and cool down might be longer and is not included in work out time. For easy runs, your warm up and cool down may be included in your total 45 minute run time, but make sure you stretch and follow up with cool down stretches. For these runs, we will use the last mile or so as a cool down (same easy pace as warm up). After a recovery run, we will do 6 to 10 strides

of about 100 meters at a relaxed, moderate pace. In addition to that, we will be doing core-strengthening exercises. Strides and stretching after runs helps prevent injury, so approach it as seriously as any other part of a workout. Stretch well after every training session regardless of whether or not you are with the team. Also, be sure to put ice on any areas that hurt or feel stressed during training. (**Dynamic stretching**-High knees, butt kicks, supermans, karaoke, frankenstiens, lunges, scoops, heel to toes, leg swings (front to back, side to side), side to side skips, A skips, B skips, C skips)

XT: means “cross training.” Examples of cross training include, but are not limited to, swimming, water running for 20-30 minutes (this is one of the best!!!), strength training upper body, core stability exercises, hiking, yoga, rock climbing, or any activity or sport that breaks the boredom of your routine, yet targets an area that you have not been able to develop in your regular workouts. On XT days, avoid activities that can fatigue the calf muscles: stair machines, rowing machines, spinning or leg strengthening exercises.

FARTLEK: Swedish for “speed play,” these workouts are for building your ability to vary pace when you need to. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing. These workouts consist of timed bursts of near race pace with about equal amounts of easy recovery running in between.

HILLS: These workouts build strength and you will need it with the courses you race. Usually, hill work is done at close to race pace and is fairly short, concentrated effort. They improve your agility (ability to change directions quickly), toughness (make those hills your best friend), and overall strength. We will typically do hill work on Fridays until race season begins.

REPEATS/RACE PACE: These are run at the pace you have most recently run a 1-2 mile (Middle School) race or the pace you plan to run in the next one. Easy runs are for recovery; so don't push pace at all on those days because you don't want to burn out. If you have to take a day off, make it one of these recovery days, not a harder day, if at all possible.

KPP (KENYAN PROGRESSION PRACTICE): A KPP is where the runner runs a certain amount of miles, but with each mile the pace increases. These can be adjusted in numerous ways. For example, the runner could start out at a more strenuous pace and cut down in shorter amounts, or the runner could start off really slow and then cut off chunks of time mile by mile.

Base Building Phase

WEEK 1 5/26-6/1

Monday:

- **RUN**-15-25 min. Easy conversational pace aka “talking” jog.
- **CORE**-3X10 Pushups, 3X30 sec. Plank holds

Tuesday:

- **XT**-30 min.

Wednesday:

- **RUN**-18-28 min. easy
- **CORE**-3X10 Pushups, 3X30 sec. Plank holds

Thursday:

- **XT**-30 min.

Friday:

- **RUN**-20-30 min. easy
- **CORE**-3X10 Pushups, 3X30 sec. Plank holds

Saturday:

- **OFF**

Sunday:

- **RUN**-1 mile easy

WEEK 2 6/2-6/8

Monday:

- **RUN**-25-30 min. Easy/moderate
- **CORE**-3X15 pushups, 3X45 sec. Plank holds

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-28-35 min. easy
- **CORE**-3X15 pushups, 3X45 sec. Plank holds

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-30-40 min. easy
- **CORE**-3X15 pushups, 3X45 sec. Plank holds

Saturday:

- **OFF**

Sunday:

- **RUN**-1-2 miles easy

WEEK 3 6/9-6/15

Monday:

- **RUN**-30 min. Easy conversational pace aka “talking” jog.
- **CORE**-3X20 pushups, 3X60 sec. plank

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-35-40 min.
- **CORE**-3X20 pushups, 3X60 sec. Plank holds

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-40-45 min. easy
- **CORE**-3X20 pushups, 3X60 sec. Plank holds

Saturday:

- **OFF**

Sunday:

- **RUN**-2-3 miles easy

WEEK 4 6/16-6/22

Monday:

- **RUN**-30 min. easy
- **CORE**-3X25 pushups, 3X75 sec. Plank holds

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-40-45 min. easy
- **CORE**-3X25 pushups, 3X75 sec. Plank holds

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-45-50 min. easy
- **CORE**-3X25 pushups, 3X75 sec. Plank holds

Saturday:

- **OFF**

Sunday:

- **RUN**- 3-4 miles

Strength Building Phase

WEEK 1 6/23-6/29

Monday:

- **RUN**-30-40 min. Easy conversational pace aka “talking” jog.
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-3-4 miles with hills
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-45 min. easy
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Saturday:

- **RUN**-45 min.

Sunday:

- **OFF**

WEEK 2 6/30-7/6

Monday:

- **RUN**-35-45 min. Easy conversational pace aka “talking” jog.
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-15 min. Tempo Run
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-40 min. With hills
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Saturday:

- **RUN**-LONG, 50 min.

Sunday:

- **OFF**

WEEK 3 7/7-7/13

Monday:

- **RUN**-Fartlek-2 min. Hard, 4 min. Easy X 4
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-Tempo Run 15 min.
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-Hills, 6 X 150-200 meters
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Saturday:

- **RUN**-Long, 55 min.

Sunday:

- **OFF**

WEEK 4 7/14-7/20

Monday:

- **RUN**-Fartlek, 2 min. Hard, 2 min. Easy X 4
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-Tempo Run 20 min.
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-Hills (6) concentrate on form and technique
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Saturday:

- **RUN**-LONG, 60 min.

Sunday:

- **OFF**

WEEK 5 7/21-27

Monday: (First day of Practice)

- **RUN**-Fartlek, 1 min. On, 1 min. Off X 10 sets
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Tuesday:

- **OFF/XT**-30 min.

Wednesday:

- **RUN**-30-40 min. easy
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Thursday:

- **OFF/XT**-30 min.

Friday:

- **RUN**-40 min. easy
- **CORE**-planks, leg raises, crunches, supermans, bicycles, toe taps, pushups

Saturday:

- **RUN**-4-6 miles

Sunday:

- **OFF**

HILL TRAINING 101:**Up Hill Running**

1. Go up a hill smooth and steady. Don't charge it up. 2. Only lean into the hill slightly. Don't hunch over. 3. Crest the top of the hill and pick up the pace.

Down Hill Running

1. Go down a hill quick, but in control. Don't run on your heels. 2. Keep your chest upright. Don't lean too far forward. 3. At the bottom of the hill, stay on your toes and use that forward momentum as long as you can. form, technique, and cresting.

FIRST DAY OF PRACTICE

Tuesday, July 22. Meet at the RH gym at 7 pm, bring water, wear sunscreen, bug spray, running shoes and light weight clothing suitable for running.