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| 2019 | JULY | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| 4 easy | 4 easy + 4-6 X200m rep pace/200 jog + 1 easy | 4 Easy + weight circuit training | off | 2 easy, hill protocol, 1-2 easy | 4 easy + weights | 7-11 easy + 6 strides |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| 4 Easy | 4 Easy, + 4-6 200m rep/200 jog + 1 Easy | 4 Easy + weight circuit training | off | 2 Easy, 3 cruise intervals or 3 mile tempo run, 1 Easy | 4 Easy + weights or hills | 8-10 Easy + 6 strides |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 4 Easy | 4 Easy + 8 strides + 4 easy | 4 Easy + hill protocol + cool down | off | 3 Easy, 8 Strides, 3 Easy | 4 Easy + weights or hills | 8-10 Easy + 6 strides |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 4 Easy | 2 Easy,+ 4 cruise intervals or 3 mile tempo + 8 Strides + 2 Easy | 4 Easy + weight circuit training | off | 2-3 easy, hill protocol, 1-2 easy | 4 Easy + weights or hills | 8-10 Easy + 6 strides |
| 29 | 30 | 31 | 01 | 02 | 03 | 04 |
| 4 Easy | 4 Easy + 8 strides + 4 easy | 4 easy, 4-6 X200m rep/200m job, 1 easy |  | **Hill Protocol** = 6-10 "steady" 45-60 second climbs with slow jog down + 3-5 X 30 second "sprints" up steeper hill. | **Strides**--Full 100 m build-up, approaching 90% sprint speed briefly. Full rest between. Focus on good mechanics, relaxed face. | **Stretch:** Every day. Ballistic, static stretching, yoga--Just do it!! |

This program assumes a runner can tolerate training mileage of 40 miles/week. Some athletes can tolerate more, some can tolerate less mileages.

So use this training schedule a ***template*** to guide your training, and do not hesitate to make adjustments. The schedule includes longer runs, faster runs, strength training, some tempo runs, and rest days. Modify to schedule to match your level of fitness by adding or subtracting mileage from your runs. However, I strongly encourage you to run fast on fast days, do strength work on the strength days, . . . incorporate each type of training printed on the training schedule into your off season training.

Also--LIFE HAPPENS! Modify the training schedule to match your academic schedule and your life's schedule. Example: If a day off on Wednesday (vs. Thursday) works better for you, modify the schedule.

Cross training--I like it. Swimming, cycling, Nordic-Trac machines, Elliptical non-impact training machines are all good things. Vary your routine through cross training. Stay mentally fresh, and avoid injury. Normally, cross training should replace your easy recovery runs. Sunday long runs, hill/strength sessions and rep/stride sessions should not be replaced by cross training unless you are dealing with an injury.

Even for the most serious athletes, it is OK to take 1-2 weeks off from running--2X/year. This prevents 'burnout', and allows your body to heal minor aches and pains and/or subclinical injuries. I recommend taking these 'mental health' weeks when Michigan weather presents barriers to training (winter), or when summer heat is oppressive.

But keep in mind, nothing is more important in achieving success than ***consistency***. Fitness gains are lost rapidly when breaks in training extend beyond 2 weeks.

The big picture: Set a goal, develop a strategy to achieve, trust and execute the strategy, adjust when needed, work with friends, expect some ups and downs, and find satisfaction in the journey.