



## WHS 2019-2020 Summer Training Plan

Definitions and explanations:

**50%:** this is equal to a 'warm-up' pace. Nice and easy. Faster than a brisk walk.

**75%:** Running but comfortable. Able to still talk while running with ease.

**Cross Train:** 30-45 minutes of exercise to increase Heart Rate 10-20%: ex. Basketball, volleyball, riding a bike, weightlifting, etc.

**Mi/Min:** 'mi' equals miles to run, 'min' equals minutes

**Rest:** take a day off from running. You can cross train, spend time in the gym working on your core muscle groups, or just take the day off.

**Run/walk:** this is a combination of running and walking. Look at the chart on your training plan that is labeled "Time instead of Miles". The center column gives you a time to run if you do not know the exact distance. Utilize that time as your guide for your weekly run/walk. The week is denoted in the far-left column. The following example should aid with understanding.

Example: Wk. 1: 25 min, 3min/2min

This means you will run for 3 minutes followed by walking for 2 minutes. Since you are supposed to run for 25 minutes total you would need to repeat the pattern. Always walk briskly.

1. Run 3 min, Walk 2min
2. Run 3 min, Walk 2 min
3. Run 3 min, Walk 2 min
4. Run 3 min, Walk 2 min
5. Run 3 min, Walk 2 min

This would complete your 25-minute Run/Walk. You would still need to do a cool down at the end.

**Tempo Runs:** This is a continuous run with an easy beginning, a buildup in the middle to near 10K race pace (80-85% speed), then ease back and cruise to the finish. A typical tempo run would begin with 5-10 minutes easy running, continue with 10-15 faster running, and finish with 5-10 minutes cooling down. You can't figure out your pace on a watch doing this workout; you need to listen to your body. Tempo runs are very useful for developing your anaerobic threshold, essential for fast 5K racing.

**Time instead of miles:** this chart is for those who do not know the exact distance when out running. You can also choose to utilize this conversion when you are running a known distance. The left column denotes the miles assigned in the 'weekly chart' and the center column denotes the length of time to run.

**Uncomfortable:** is a pace that pushes you. You should have trouble talking while running but not be out of breath.