

Routine (W)(X)(Y)(Z)

Summer Foundation Training - 6 Basic biomotor skills for a great summer plan

June 2020

- Endurance - Mileage + surges
- Speed - Strides a couple times a week
- Strength - Push, pull & squat + core
- Coordination - Dynamic warm-up before every run
- Mobility - Lunge Matrix & leg swings before every run
- Flexibility - After workouts or in the evening

THIS MONTH I AM GRATEFUL FOR:

Peace = 7:00 - 7:30

30/60 = 30 sec On 60 sec down

60/60 = 60 sec On 60 sec down

July 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Boys Varsityesque

May 25th = 30 min
MONDAY

May 26th = 30 min
TUESDAY

May 27th = 35 min + strides
WEDNESDAY

May 28th = 30 min
THURSDAY

May 29th = 42 min LR
FRIDAY 6 mi

SUNDAY

SATURDAY

31 OFF LIF Dead Period →	1 35 min + Strides 5 mi (W)	2 30 min + Strength 4+ mi (X)	3 35 min w/surges 6x 30/60 5 mi (Y)	4 30 min + Strength 4+ mi (X)	5 35 min + Strides 5 mi (Z)	6 Long Run 45 min + Core (Y) 6-7 mi
7 OFF LIF Dead Period →	8 37 min + Strides 5+ mi (W)	9 32 min + Strength 4-5 mi (X)	10 35 min w/surges 8x 30/60 5 mi (Y)	11 30 min + Strength 4+ mi (X)	12 40 min + Strides 5-6 mi (Z)	13 Long Run 50 min + Core (Y) 7 mi
14 OFF	15 40 min + Strides 5-6 mi (W)	16 35 min + Strength 5 mi (X)	17 40 min w/surges 2x 60/60 4x 30/60 5-6 mi (Y)	18 32 min + Strength 4-5 mi (X)	19 40 min + Strides 5-6 mi (Z)	20 First Day of Summer Long Run 55 min + Core (Y) 8 mi
21 OFF Father's Day	22 40 min + Strides 5-6 mi (W)	23 37 min + Strength 5+ mi (X)	24 40 min w/surges 6x 60/60 5-6 mi (Y)	25 35 min + Strength 5 mi (X)	26 45 min + Strides 6-7 mi (Z)	27 Long Run 60 min + Core (Y) 8-9 mi
28 OFF	29 45 min + Strides 6-7 mi (W)	30 40 min + Strength 5-6 mi (X)	1 July 40 min w/surges 8x 60/60 5-6 mi (Y)	2 July 37 min + Strides + Strength 5-6 mi (X)	3 July 45 min + Strides 6-7 mi (Z)	4 July Long Run 63 min + Core (Y) 9 mi

IMOM