

# Avon Eagles Summer Training



Hi All!

I have received many messages about summer training. Below is a guideline.

## **TRAINING GUIDELINES**

**Rule #1 - Enjoy the Summer** Relax. Enjoy the time off from school. Have fun with your friends. Go to the pool, lake, beach, whatever. If, after observing Rule #1 you have time for summer training, it can really help you in the fall competitive season.

**Rule #2 - Run at an Easy, Steady Pace** You should run at a steady, jogging pace. If running with a partner, you should be able to talk comfortably with them. The goal of summer training is to build your endurance - we will add speed work in the fall.

**Rule #3 - Run in a Decent Pair of Running Shoes** -If your running shoes are at least a year old, you should invest in a decent, quality, new pair (approx. \$70-\$110). 2nd Sole in Lakewood is offering a 10% discount). They have experienced staff that can help your find a good fit and quality pair of true running shoes. NO basketball shoes.

## **TRAINING SCHEDULE**

**Beginners Week 1-3**-Run 3-4 days per week, 15-20 minute runs - you should build up to a point where you can run the entire time comfortably without stopping. Cross train (swim, bike, etc.) on off days.

**Beginners Weeks 4-6**- Run 4-5 days per week for 20-25 minutes . Rest and/or Cross train on off days.

**Beginners Week 7-10**-Run 5 days per week , 25-30 minutes. Rest and/or cross train on off days.

## ***Intermediate / Advanced***

***Week 1-3-Run 4-5 days per week, logging 12-15 miles per week. Rest and/or cross train on off days.***

***Weeks 4-6-Run 5 days per week, logging 15-20 miles per week. Rest and/or cross train on off days.***

***Weeks 7-10- Run 5 days per week , logging 15-20 miles per week. Rest and/or cross train on off days.***

## **SUMMER MILEAGE**

Building and maintaining mileage in the off-season is the recipe for success. Do not worry too much about your speed, since that can be reached relatively quickly. It takes a much longer time to get your *aerobic* peak. Consistent running will be the mainstay for the off-season.

Sometimes it may seem easier to tell yourself you are going to plan on running on your own. However, you need to make sure you are caring about, including and encouraging teammates. Organizing runs with your team makes it so much more fun, and faster runs don't seem so fast when you are running with someone. **When you are counting on others and them on you, you will improve your overall chances of success individually and as a team.**

LISTEN TO YOUR BODY! IF YOU ARE FEELING SORE THAN TAKE AN EXTRA DAY OFF! Be mindful of stretching before and after your run. When we meet for our off season runs in July we will be doing body weight workouts and core work but please get a head start and work on strength and core .

If you have any questions feel free to email me at [connellya@avoneagles.org](mailto:connellya@avoneagles.org) .

Go Eagles!  
Coaches, Connelly, Ruddy, and Bittle