

Summer Training

Week 2: June 10

Group/Grade level	Total Weekly Mileage	Long Run	Easy Runs (avg per day)
1 st year Runners - Girls	17	3 – 4	2-3
1 st year Runners - Boys	20	4	3
2 nd year Runners - Girls	24	5	3-4
2 nd year Runners - Boys	24	5	3-4
3 rd year Runners - Girls	25	6	3-4
3 rd year Runners - Boys	33	7	5
4 th year Runners - Girls	33	7	5
4 th year Runners - Boys	37	8	5 – 6

NOTES:

1. Weather: Today and Thursday, they are forecasting rain. Be aware that the humidity is starting to climb and you need to be hydrating. Temps will be mild. Take of advantage of it!
2. Week 2 of Summer training. Are you getting into a rhythm? Establish a routine. If you have any questions, just ask.
3. This week there were some jumps in mileage. If you haven't started yet, be sure to start now...
4. LONG RUNS are PRIORITY #1 right now. GOTTA GET IN THE LONG RUNS
5. Run daily and plan your day off!
6. If you haven't already... www.strava.com
 - * Create an account
 - * Request to join the club: Reservoir Cross Country
7. POST YOUR RUNS DAILY to STRAVA. If you have a Garmin, you can sync them to automatically upload via your phone.

Running Opportunities this week:

After School at 2:30pm with your teammates. Meet at the Track.

Monday, Oakland Mills HS at 6:30pm (Summer Striders)

Wednesday, Howard HS @ 6:30pm (Summer Striders)

Saturday, Wilde Lake Swim Center, 8:00am

Reach out to your fellow teammates and run in groups! No fun to run as an individual. Run as a team!