

## **Falcon Summer Training Program: (Official Practices Begin August 2nd)**

All paces should be at an Easy Conversational Pace meaning you can talk to someone while running unless noted for some speed work. This will be broken down into miles and time. Whichever you hit first is where you stop. Also incorporate the strength core workouts after each run or cross training activity. If you do yoga that takes care of the core strength.

### **See attached sheet for Core Strength**

m=miles

min=minutes

X= Cross Train (yoga, swimming or biking). Cross training will always be 30 minutes.

Follow this for the duration of summer to build endurance. This way when the school year starts we can incorporate speed work the 2 weeks before the first meet on August 25.

### **160 Mile Summer Club**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Goals	2m/20min	4m/40min	5m/50min	X	5m/50min	4m/40min	Rest

### **80 Mile Summer Club**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Goals	1m/10min	2m/20min	2m/20min	X	3m/30min	2m/20min	Rest

**\*You may adjust the week, but try to keep the pattern of 3 days running together and 2 days of running together.\***

Athletes should pick two of the following races to do this summer to put them through a race pace scenario and see how their endurance level is:

June 17<sup>th</sup> Outrun the Sun 5k or 5miler at Ft Ben

June 24<sup>th</sup> Fishers Freedom Festival 5k

**Athletes should participate in Coach Ziino's Run Camp for HSE District (see attached form):**

**[Camp Iwannarun July 10-14 and July 17-21](#)**

May 20-May 31: NO RUNNING, especially if athlete was participating in Track

June 1-3: (2) Runs at CP

Weeks 1-6: Schedule above

Weeks 7-8: Run Camp Weeks

July 24- July 30: (2) runs at CP; NO RUNNING July 31-August 1

August 2, 3, and 4: First Day of Practices from 9:15-11:00AM at FCJH Track

## **Summer Core Workout:**

***4 sets of 15 reps each:***

***(Google search workouts if explanation is not clear for videos)***

### **Core Option 1:**

- 1. Tricep dips:** Find a chair, sit on the very edge with a straight back and your hands under your buttocks holding the front edge of the chair. Straighten out your legs, and walk so that your arms will be behind and your buttocks can clear the edge of the chair as you dip until your arms are at a 45 degree angle, then push back up and repeat without sitting back on the chair.
- 2. Flutter kicks:** Lay flat on the ground with arms and hands (palms face down), move arms over thighs so fingers are pointing towards knees, raise your head leaving shoulders on the ground and raise legs between 3-6 inches off the ground, keeping legs straight do a swimmers kick motion keeping your feet off the ground (a total of 30 kicks)
- 3. Push ups:** Push up should be in the standard plank position with shoulders in line with your hands. Start in the down position to help find what a proper push up should be. Push up until you are straight, back and head are flat and aligned, shoulders are in line with the hands.
- 4. Burpees with push ups**

### **Core Option 2:**

- 1. Push ups**
- 2. Bridge:** Lay flat on the ground, slide your heels towards your buttocks until knees are at a 90 degree angle and arms and hands (palms down) are flat on the ground. Raise your hips until your shoulders and knees are in a straight line. Hold for three seconds and lower keeping your knees at the 90 degree angle.
- 3. Tricep Dips**
- 4. Fire Hydrant:** In a yoga table top position or on all fours, raise one leg as if you were a dog leaving a message for others on a fire hydrant. Keep your back flat and tighten the glutes (buttocks) and abs as you raise and lower your leg.

**Advance Training:** This is for athletes who have been through the program before and want to incorporate some intervals and tempos to their training.

**8<sup>th</sup> Graders** can use the option to train at the HSEHS 3-4 times a week. Highest mileage in a run should be no more than 5-6 miles with the high school team. Contact Coach Joe Golden at [jgolden@hse.k12.in.us](mailto:jgolden@hse.k12.in.us)

**If the high schedule does not work here is an alternate advance schedule:**

160 Mile Summer Club

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Goals	2m/20min	4m/40min	5m/50min	X	5m/50min	4m/40min	Rest
Pace	CP	CP	Tempo	X Train	Interval	CP	
					Surges		

**CP=Conversational Pace** (Speak full sentences while running with a friend or group)

**Tempo=** First half of run is CP and then build up pace to 5K race pace on the back half of the run (leave the last mile or 8 mins for recovery/conversational pace)

**Intervals=** should be done on a track doing a (4) 400m with 400m recovery (CP) in-between. CP for the first mile, then intervals, and rest of time recovery/conversational pace. For the intervals effort should be 80% (3 words spoken in a breath), 85% (2 words spoken in a breath), 90% (1 word spoken in a breath), and then 95% (no words).

**Surges:** a set amount of time to push pace at 85-90%. Start with the first mile at CP. Then complete (6) one minute surges at varying times of the run with recover times being from 30-70 seconds (mix up the recovery times). Use the rest of the time as recovery at CP.

May 20-May 31: NO RUNNING, especially if athlete was participating in Track

June 1-3: (2) Runs at CP

Weeks 1-3: Schedule above with Surges

Weeks 4-6: Schedule above with Intervals

Weeks 7-8: Run Camp weeks

July 24- July 30: (2) runs at CP; NO RUNNING July 31-August 1

August 2, 3, and 4: First Day of Practices from 9:15-11:00AM at FCJH Track

