

Seguin Summer Training Schedule

	<u>May</u>	<u>JUNE</u>	<u>July</u>
Sunday	Off	Off	Off
Monday MON	10 min jog In's –Out's (6 laps) 10 min jog	15 min jog In's –Out's (8 laps) 15 min jog	15 min jog In's –Out's (10 laps) 15 min jog
Tuesday	35-45min run	45-60min run	1hr run
Wednesday WED	10 min jog 20-30 Tempo Run 10 min cooldown	10 min jog 30 Tempo Run 10 min cooldown	10 min jog 30 Tempo Run 10 min cooldown
Thursday	35-45min run	45-60min run	1hr run
Friday FRI	15 min jog In's –Out's (6 laps) 15 min jog	15 min jog In's –Out's (8 laps) 15 min jog	15 min jog In's –Out's (10 laps) 15 min jog
Saturday	45-60min run	60-90min run	90min run

-If you run in a road race, run your long run on the following day.

Daily Warm-up

Leg Swings 20 per side
 Bicycle 20 per side
 Scissors 20 per side
 Walking Knee & Ankle Pull
 Duck Walk 10 each
 Crocodial Walk 10 each
 Hi Knee Carioca
 A-Skip Lock Ankle High Hips

Daily Cool-Down

Hip & Back x 3 Rt , Left, Both: 30sec
 Lunge Stretch 2 x 30sec each leg
 Calf Stretch 2 x 30sec each leg
 Knee Hug/Pull 2 x 30sec each leg

AB TRAINING (Core Training)
 100-200 Alt each 25