

NORTH SIDE HIGH SCHOOL

SUMMER TRAINING PROGRAM

Start training August 8th, 2022

Summer training is vital. The key to summer training is building a strong foundation. This is crucial for success in the fall. By building your foundation, you will be improving your speed, strength, and stride, all of which are key components to a successful season.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Recovery Run 10 minutes	Abs, Push-ups 4 sets of 15	1 Mile Easy	Rest	15 mins Easy	15 mins Easy	Rest
Week 2	10 mins Easy	Same as week 1	15 mins Easy	Rest	20 mins. Easy	20 mins. Easy	Rest
Week 3	Recovery Run 15 mins.	Same as week 1	Speed Run 20 mins intervals	Rest	Recovery Run 7 mins.	Speed run 27 mins intervals	Rest
Week 4	15 mins Tempo	Same as week 1	20 mins Easy	Rest	15 mins Tempo	25 mins Easy	Rest
Week 5	15 mins Tempo	Same as week 1	25 mins Easy	Rest	20 mins Tempo	30 min Easy	Rest
Week 6	20 mins Tempo	Same as week 1	30 mins Easy	Rest	25 mins Tempo	35 mins Easy	Rest

If you find the training schedule too difficult, back off to a pace that is ***comfortably hard***. For example, if you cannot run a mile, start with walking for 10 mins, run a lap, *OR* jog for 5 minutes instead. Your goal is to ***increase the distance and time*** you run each day until you can complete the training program.

REMEMBER TO WARM UP BEFORE YOU STRETCH AND ALWAYS STRETCH AGAIN AFTER YOUR WORKOUT ENDS!

Tempo Run: Tempo runs help you develop your anaerobic threshold.

Speed Runs: Builds strength through speed training. You can do short and long intervals, fartlek, and hill workouts.

PLEASE NOTE: To be a member of the track and field team you must **HAVE A COMPLETED PHYSICAL.**

STUDENT ATHLETES & LEGAL GUARDIANS: Text @8fe7k7d to the number 81010 to receive team updates, cancelled practices, etc). If anyone has trouble with 81010, try texting @8fe7k7d to (303) 731-4514.

Coach Latouche

Email: donnaVon.latouche@onslow.k12.nc.us