

# May

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Coach Loyd mloyd@nrcaknights.com</b>						
<b>Running Plans</b>						
A: High School (Rising 9 <sup>th</sup> through 12 <sup>th</sup> Grade) with Track or Cross Country Experience						
B: Middle School						
<b>Types of Practices</b>						
F = Fartleks ex: 5/1/50 = 5 min easy, 1 min fast for a total of 50 min ( 30 is secs)						
1 Mile=10 – 8 Minutes (If you can't measure a distance, run 10 - 8 minutes for every mile expected.)						
Tempo Run= comfortably Hard Pace                      LSD – long slow pace						
Cross Train=Physical Activity other than running—swimming, biking, elliptical machine, etc.						
Hills=A route that includes at least 50% hills						
# / # = One run in the morning, one in the afternoon (ex. 2/1)						
<b>Running Tips</b>						
<ul style="list-style-type: none"> <li>• Get acclimated to the HEAT and Stay Hydrated</li> <li>• Run Hills</li> <li>• You need a running watch and a good pair of running shoes</li> </ul>						
				<b>27</b>	<b>28</b>	<b>29</b>
				A: 3 miles B: 2 miles	A: 3 miles B: 2 miles	A: 3/2 B: 2/1
<b>30</b>	<b>31</b>					
A: 3/2 B: 2/1	A: 3 miles B: 2 miles					

# June

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		A: 2 tempo B: 1 tempo	A: 4 miles B: 2 miles	A: 3 Tempo B: 2 Tempo	A: 4 miles B: 2 miles	A: 3/2 m B: 2/1 m
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
A: 3/3 B: 2/1	A: 3 tempo B: 2 tempo	A: 3/2 B: 2/1	A: F 5/1/36 B: 3 miles	<b>Crosstrain</b> A: 55 mins B: 45 mins	A: 3/2 B: 2/2	A: 5-6 m B: 3 miles
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
OFF	A: 4/3 B: 2/3	A: 3 tempo B: 2 tempo	A: 5 miles B: 3 miles	A & B F 5/1/36	<b>Crosstrain</b> A: 65 mins B: 45 mins	A: 3 tempo B: 2 tempo
<b>20</b>	<b>21</b>	<b>21</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
OFF	A: 5 miles B: 3 miles	A: 4 tempo B: 2 tempo	A: 4/2 B: 3/3	A: F 5/1/42 B: F5/1/36	A: 3/3 B: 2/2	A: 4 tempo B: 2 tempo
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
OFF	A: 5 miles B: 3 miles	A: 3 tempo B: 2 tempo	A: 6 miles B: 4 miles			

# July

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> A: F 5/1/48 B: F5/1/36	<b>2</b> A: 3/3 B: 3/2	<b>3</b> A: 6 miles B: 4 miles
<b>4</b> OFF	<b>5</b> A: 4 tempo B: 3 tempo	<b>6</b> A: 3/4 B: 3/3	<b>7</b> <b>Crosstrain</b> A: 75 mins B: 45 mins	<b>8</b> A: 6/5 B: 4/2	<b>9</b> A: F 5/1/48 B: F5/1/36	<b>10</b> A: 6 miles B: 5 miles
<b>11</b> OFF	<b>12</b> A: 4 tempo B: 3 tempo	<b>13</b> A: 4/4 B: 3/3	<b>14</b> A: F 5/1/50 B: F5/1/36	<b>15</b> A: 3/3 B: 2/2	<b>16</b> A: 4 tempo B: 2 tempo	<b>17</b> A: 7 miles B: 5 miles
<b>18</b> OFF	<b>19</b> F4/:30/50 F4/:30/40	<b>20</b> A: 3/4 B: 2/3	<b>21</b> <b>crosstrain</b> A: 70 mins B: 45 mins	<b>22</b> A: 3/3 B: 4/3	<b>23</b> A: 4 tempo B: 2 tempo	<b>24</b> A: 7 miles B: 5 miles
<b>25</b> OFF	<b>26</b> A: 3/4 B: 2/3	<b>27</b> A: F4/30/50 B: F4/30/40	<b>28</b> <b>crosstrain</b> A: 70 mins B: 45 mins	<b>29</b> A: 4 tempo B: 3 tempo	<b>30</b> A: 3/3 B: 4/3	<b>31</b> A: 8 miles B: 6 miles

# August

2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> OFF	<b>2</b> <b>First Day of Practice at NRCA 9:00</b>	<b>3</b> Practice at Shelly Lake 10:00	<b>4</b> Practice at Durant Park 10:00	<b>5</b> Practice at Shelly Lake 10:00	<b>6</b> <b>Practice at Durant Park 10:00</b>	<b>7</b> OFF
<b>8</b> 7 miles LSD	<b>9</b> Practice at Durant	<b>10</b> Practice at NRCA	<b>11</b> Practice at Durant	<b>12</b> Practice at Durant	<b>13</b> Practice at NRCA	<b>14</b>
<b>15</b>	<b>16</b> Practice at NRCA 3:30pm <u>School Starts</u>	<b>17</b> Practice = <b>TBA</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>First CC Meet @ CA 4:30</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>CC Meet @ DA 4:00</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				