

# Vilseck High School Summer Intermediate Training Plan

Week #	Monday Start Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1	3-Jun-13	20 minute run at tempo* pace.	25 minute run at tempo pace.	Do 20 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	25 minute run at tempo pace.	Do 20 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	25 minute run at tempo pace.	OFF	
2	10-Jun-13	30 minute run at tempo pace.	Do 20 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	30 minute run at tempo pace.	Do 20 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	30 minute run at tempo pace.	Do 20 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	OFF	
3	17-Jun-13	30 minute run at tempo pace.	30 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	30 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	30 minute run at tempo pace.	OFF	
4	24-Jun-13	30 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	30 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	30 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	X-Train for 60-90 min. Aerobic activity that replaces running for 60-90 continuous minutes. (Cycling, swimming (competitive, not Marco Polo), hiking etc.)	
5	1-Jul-13	40 minute run at tempo pace.	40 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	40 minute run at tempo pace.	Do 30 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	40 minute run at tempo pace.	OFF	
6	8-Jul-13	40 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	40 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	40 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	OFF	
7	15-Jul-13	40 minute run at tempo pace.	40 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	40 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	40 minute run at tempo pace.	OFF	
8	22-Jul-13	50 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	50 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	50 minute run at tempo pace.	Do 40 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	X-Train for 60-90 min. Aerobic activity that replaces running for 60-90 continuous minutes. (Cycling, swimming (competitive, not Marco Polo), hiking etc.)	
9	29-Jul-13	50 minute run at tempo pace.	50 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	50 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	50 minute run at tempo pace.	OFF	
10	5-Aug-13	50 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	50 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	50 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	X-Train for 60-90 min. Aerobic activity that replaces running for 60-90 continuous minutes. (Cycling, swimming (competitive, not Marco Polo), hiking etc.)	
11	12-Aug-13	60 minute run at tempo pace.	60 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	60 minute run at tempo pace.	Do 50 minutes of running (at tempo pace) in the morning and follow Weights/Plyo Routine in the afternoon.	60 minute run at tempo pace.	OFF	
12	22-Aug-11	Practice begins at 1500. Meet in front of the High School main entrance.	Please bring all required paperwork by the start of the school year. You must have your physical completed prior to team practice. Please schedule your physical in June-July. This will cover you for the entire school year, 2013-2014. Don't be lazy: "Winners never quit and quitters never win!"						

\*At tempo pace you should only be able to get out a few words before having to breath again.

All workouts should include a 10-15 min session of stretching. After cooling down with 8-10 of easy running, stretch. Stretch again 2 hours post workout. If you are sore, take an ice bath and soak your legs for 7-10 minutes. On your days off, you should stretch at least once for 10-15 minutes! If you are injured, take the day off!