

Santa Rosa 2020 Summer Training 13-week schedule, May 11 - August 8th (Revised 5/13/20) (4 Training Group Levels)

Note: Due to current Shelter In Place restrictions/until further notice, everyone expected to train OYO!
Prep Summer Session is supposed to start June 1st, hoping we can train in smaller groups, but still TBD

Week	(Typical) Mileage Ramp Schedule	Mileage/week Ramp	Mon Richardson Hill 4 groups: (ST = Steady Tempo .75 -3mi) or (TT = Time Trial 1-2 mi) (Channel Drive)	Tue EZ Pace Run (Howarth Park)	Wed Steady Tempo Runs Actual Dist. TBD based on Individual Fitness (Park Trail)	Thu EZ Pace Run (OYO)	Fri Speed Day + EZ Pace Run (Howarth Park)	9AM Sat Over-Distance (OD) Runs (Typically, 20% of weekly mileage) SR Creek Trail
#1 (May 11 TH)	Start	20 - 25 - 30 - 35	ST: .75 - 1.5 - 2 - 2.5	OFF - 3 - 4 - 6	3.0 mi	3 - 3 - 4 - 6	EZ Run + Speed	5 - 6 - 8 - 11
#2 (May 18 TH)	Ramp up 10%	22 - 28 - 33 - 39	ST: .75 - 1.5 - 2 - 2.5	OFF - 3 - 4 - 6	3.5 mi	3 - 3 - 4 - 6	EZ Run + Speed	5 - 7 - 8 - 12
#3 (May 25 TH)	Ramp up 10%	24 - 30 - 36 - 42	ST: 1 - 1.5 - 2 - 3	OFF - 3 - 4 - 6	4.0 mi	3 - 4 - 5 - 6	EZ Run + Speed	6 - 7 - 8 - 13
#4 (Jun 1 ST)	Hold	24 - 30 - 36 - 42	TT: 1 - 2 mi.	OFF - 3 - 4 - 6	4.5 mi	3 - 4 - 5 - 6	EZ Run + Speed	6 - 7 - 9 - 13
#5 (Jun 8 TH)	Ramp up 10%	27 - 33 - 40 - 47	ST: 1 - 1.5 - 2 - 3	OFF - 4 - 5 - 6	5.0 mi	4 - 4 - 5 - 6	EZ Run + Speed	7 - 8 - 9 - 13
#6 (Jun 15 TH)	Ramp up 10%	29 - 37 - 44 - 51	ST: 1.5 - 2 - 2.5 - 3	OFF - 4 - 5 - 6	3.5 mi (+ pace ~3%)	4 - 4 - 6 - 7	EZ Run + Speed	8:30AM (WARMER) 7 - 8 - 10 - 13
#7 (Jun 22 ND)	Hold	32 - 40 - 48 - 56	TT: 1 - 2 mi.	3 - 4 - 5 - 6	4.0 mi	4 - 4 - 6 - 7	EZ Run + Speed	7 - 8 - 10 - 13
#8 (Jun 29 TH)	Down Week < 10% >	32 - 40 - 48 - 56	ST: 1.5 - 2 - 2.5 - 3.5	3 - 4 - 5 - 6	4.5 mi	4 - 5 - 6 - 7	EZ Run + Speed	July 4 th Kenwood Race
#9 (Jul 6 TH)	Ramp up (back to week #7)	29 - 36 - 43 - 51	ST: Choice of Distance	3 - 4 - 6 - 7	5.0 mi	4 - 5 - 6 - 7	EZ Run + Speed	7 - 8 - 10 - 14
#10 (Jul 13 TH)	Ramp up 10%	32 - 40 - 48 - 56	TT: 1 - 2 mi.	3 - 4 - 6 - 7	3.5 mi (+ pace ~3%)	4 - 5 - 6 - 7	EZ Run + Speed	8 - 9 - 11 - 14
#11 (Jul 20 TH)	Ramp up 10%	35 - 44 - 53 - 62	ST: 1.5 - 2 - 2.5 - 3.5	3 - 4 - 6 - 7	4.0 mi	4 - 5 - 6 - 7	EZ Run + Speed	8 - 9 - 11 - 14
#12 (Jul 27 TH)	Hold (Week of Tahoe Camp)	39 - 49 - 58 - 68	ST: 1.5 - 2 - 2.5 - 3.5	3 - 4 - 6 - 7	4.5 mi	4 - 5 - 6 - 7	EZ Run + Speed	8 - 9 - 11 - 14
#13 (Aug 3 RD)	Hold	39 - 49 - 58 - 68	ST: 1.5 - 2 - 2.5 - 3.5	3 - 4 - 6 - 7	5.0 mi	4 - 5 - 6 - 7	EZ Run + Speed	8 - 9 - 11 - 14

Summer of 2020 Quarantine Distance Training Principles (Revised 5/13/20)

C = Consistency! ...Consistency is one of the most important elements of building-up and maintaining fitness; commit to a goal and keep at it. Do your best to avoid “gaps” in your training; you’ll be amazed at how in general, consistency provides you with more overall fitness gains and reduces chance of injuries vs. running well for two weeks, then taking one week off, etc... Just get out there and put in the time!

O = Over-distance Runs! ...Summer is all about getting in the long run and building up to longer runs! Long runs scientifically, are super important part of your aerobic engine by increasing the number of capillaries per muscle fiber; increasing mitochondria count, increases muscles' capacity to store glycogen and in general, are healthy mentally to “course the mind”, making you tougher just by how long you’re out there! Typically, the distance of your OD run is 20% of your total weekly mileage and pacing can be ~1:30-1:45 slower per mile than your 5K race pace. Good to finish the last portion of your OD run with some up-tempo, just to loosen up that slow pace “ache” in your legs...

V = Variety! ...Do not just spend the whole summer doing EZ runs, throw in some variety to give your body a different stimulus; ideally, best to have a weekly regiment of 1 hill run for strength, 1 tempo run, 1 speed day and 1 long run, along with EZ runs to recover in between.

I = Intensity! ...Manage your intensity; many are running OYO, so it’s easy to get carried-away with your pacing; summer training runs should remain reasonably comfortable; good to throw in a medium-hard tempo effort each week and option hard effort every 3 weeks or so...

D = Distancing yourself! ...When running in public, please distance yourselves from others, be respectful of those that need space; do your part to help stop the spread of COVID-19! ...The more YOU social distance now, the sooner we’ll ALL be able to get back together!

-19 = Build up to/get in one (1) nine mile (9) run a week! ...Everyone can do this! I’ve seen many runners, who believe they can’t run 9 miles (granted, it’s very intimidating if you’re used to running only 3-4 miles at a time), then I see them get really infused with confidence and achieve higher levels of endurance and stamina after accomplishing this simple feat! You just can’t get the same mental and physical experience by doing multiple 3, 4 and 5 mile runs each week. Remember, it is especially important to moderately build-up your long run each week, extending your long run day by ½ mile each week or 1 mile every other week.

...Other Key Training Points:

Moderation: Do NOT start doing too much/too fast; best to start with 2 weeks of EZ runs before taking on a structured training routine as outlined above

Progression: Always have some level of progression worked into your training routine; forcing progression feeds the improvement in your fitness!

Speed: Good for everyone to develop their speed mechanics and do even a short session of pure speed each week (see Greg if you need more details)

Permission: I would like everyone to run with a training buddy, but you need permission from both parents/commit to following social distancing guidelines!

...Questions? Contact Greg at greg.fogg@comcast.net or call/text: (707) 291-2967 Look for more training info here: www.mariacarrillorun.com