Base Building

A good way to build your mileage is to set a summer goal of a weekly mileage you feel you can handle, and one expected of you from your coaches.

Your goal for this summer will be 50 miles (Minimum) over a 10 week period. Build from:

Week 1 – 30 miles  
Week 2 – 34 miles  
Week 3 – 38 miles  
Week 4 – 32 miles  
Week 5 – 37 miles  
Week 6 – 42 miles  
Week 7 – 47 miles  
Week 8 – 40 miles  
Week 9 – 45 miles  
Week 10 – 50 miles

In each week you increase the mileage, except in weeks 4 and 8, in which you decrease. Weeks 4 and 8 are very important. Each week, increase the mileage of your long run for the week, but in weeks 4 and 8 do the same as the prior week. So for the long run, week 1 – 5 miles, week 2 – 6 miles, week 3 – 7 miles, week 4 – 7 miles, week 5 – 8 miles, week 6 – 9 miles, week 7 – 10 miles, week 8 – 10 miles, week 9 – 11 miles, and week 10 – 12 miles. Starting in week 5 you need to do lactic threshold running. This is running at about 80-85% of your race pace for 2-3 miles, building to 4-5 miles by week 10.

Also, try to run 2 or 3 local 5K road races for the women and 10k races for the men. The races will give you an idea of your time and how your body feels. Try one in weeks 2, 5, and 8. They will also give you the pace to set your lactic threshold training time. After this 10 week schedule the season will soon be upon you.

Your coaches expect you to have done mileage to build your base. Come to us in August prepared to tweak your mileage and be prepared to pick up the pace as we gear towards our racing season and this year compete for championships.

Other Items:

- Do hills as part of your training.
- Go to the track (once a week) and do speedwork. At first start with 400 meter repeats; gradually take that up to 1000 meter repeats at race pace.
- Stretch before and after workouts. Use ice if sore