

The schedule gives you the total miles you are to try to log for a week, as well as any special type of runs you are to try and get in as well. There are no set days for the workouts, fit them in as weather and how you are feeling dictate. The goal is to begin building a serious base from which we can work when we are able to get back together. ***This schedule assumes running six days a week, with one day of rest, usually Sunday.***

Please do not add in extra mileage just because you feel good. You should notice that the schedule works with a “saw-tooth” approach to mileage where it will increase for three weeks, then fall back for recovery, then build again. There are three schedules attached; A) for experienced runners looking to make a mark at the varsity level this year; B) for returning runners who are hoping to move up; and C) for beginning runners who are just getting started. Do not feel bad about starting on a lower mileage schedule at the start, you may find that you can move up later this summer, but at the least you will have established good work habits and a solid base to build from in the fall.

Also please remember the Oregon Core Project we started over the winter. Staying with our core body exercises is important, as is the increased flexibility. Also doing as many of the other strength exercises we started this winter will help.

Be healthy, be safe, be in shape!

6/1 – 6/7	All runs @ how you feel pace	A) 30mi	B) 20mi	C) 10mi
6/8 – 6/14	1 run @ uptempo	A) 35mi	B) 25mi	C) 15mi
6/15 – 6/21	1 run @ uptempo, 1 hilly run	A) 40mi	B) 30mi	C) 20mi
6/22 – 6/28	2 runs @ uptempo, 1 hilly run	A) 35mi	B) 25mi	C) 15mi
6/29 – 7/5	1 long run (20% of weekly total) 1 run @ uptempo	A) 40mi	B) 30mi	C) 20mi

JUNE 2020 RULES FOR RUNNING TOGETHER

- Maintain social distancing as much as you can. When out running in groups keep the groups at no more than 10 athletes. Space groups out a little when you set out.
- All runs are voluntary. DO NOT harass or bully anyone about their attendance at the runs. No hazing of any kind. (This includes chocolate mile runs!)
- Do not cross streets anywhere other than at corners. Always watch out for traffic.
- Stay on the sidewalks or bike trails. Be aware when other people are on the sidewalks or trails and move well into the grass by the side as you pass them.
- You cannot meet at any schools; high, junior, or elementary. Try to find a city or county park to meet at.
- Health and safety are of the utmost importance while gathering.
- Remember when out running you are still emissaries of Olathe East high school cross country. Please make sure the opinion you give any people that you meet is of a very courteous and well-mannered team.
- Also remember this is where we will be building the team comradery that we will be needing when we get to the fall competitions. Help each other, support each other, and enjoy the time together.