

Augustana Summer Training Program A - 2014

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
May-19		Step Ladder up to 80 or 100 and back down; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
May-26		4 x 3 min Threshold, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jun-2		5-7 x 2 min, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jun-9		8 x 1 min, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jun-16		Tempo run of 10-15 min; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jun-23		Ladder - 5,4,3,2,1 min hard with 2 min jog between each. 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jun-30		Step Ladder up to 80 or 100 and back down; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jul-7		4 x 3 min Threshold, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jul-14		5-7 x 2 min, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min

Jul-21		10 x 1 min, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Jul-28		Tempo run of 10-15 min; 10 min warmup & cooldown		30-45 min Easy run		40 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Aug-4		Ladder - 5,4,3,2,1 min hard with 2 min jog between each. 10 min warmup & cooldown		30-45 min Easy run		40 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Aug-11		4 x 4 min hard, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		40 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Aug-18		12 x 1 min, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		40 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Aug-25		4 x 4 min hard, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min
Sep-1		10 x 1 min, 2 min jog in between; 10 min warmup & cooldown		30-45 min Easy run		30 min easy run or Step Ladder. Biking, Swimming are good alternatives	L, 50-60 min