

Summer Running Calendar - High School Soccer

Monday, June 16

Timed Mile + 4x100m strides (Track)

Wednesday, June 18

20 min Easy Run (Neighborhood) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Friday, June 20

4x400m w/ 200m jog recovery (Track)

Monday, June 23

3x800m intervals w/ 400m jog (Track)

Wednesday, June 25

25 min Easy Run (Neighborhood) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Friday, June 27

Bleacher Repeats: 6x up & down, walk between (Stadium) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Monday, June 30

Fartlek: 4x3min on / 2min off (Track)

Wednesday, July 02

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30 min Easy Run (Neighborhood) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Friday, July 04

5x400m descending pace w/ 200m jog (Track)

Monday, July 07

2x1000m moderate + 1 mile steady (Track)

Wednesday, July 09

35 min Easy Run (Neighborhood) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Friday, July 11

2-mile Tempo Run (Track)

Monday, July 14

Pyramid: 1200m / 800m / 400m, jog recoveries (Track)

Wednesday, July 16

40 min Easy Run (Neighborhood) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Friday, July 18

Bleacher Sprints: 5x full set, walk down recovery (Stadium) + Core Circuit: 2 rounds of 30s each

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(plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Monday, July 21

6x200m fast + 1-mile cooldown (Track)

Wednesday, July 23

45 min Easy Run (Neighborhood) + Core Circuit: 2 rounds of 30s each (plank, side plank, bicycle crunch, leg lifts, flutter kicks)

Friday, July 25

3-mile Continuous Steady Run (Track)

Monday, July 28

2x800m + Timed Mile (Track)