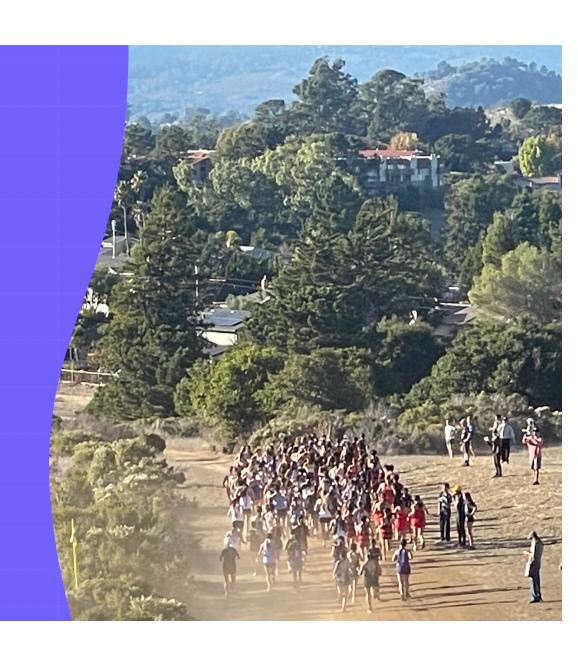
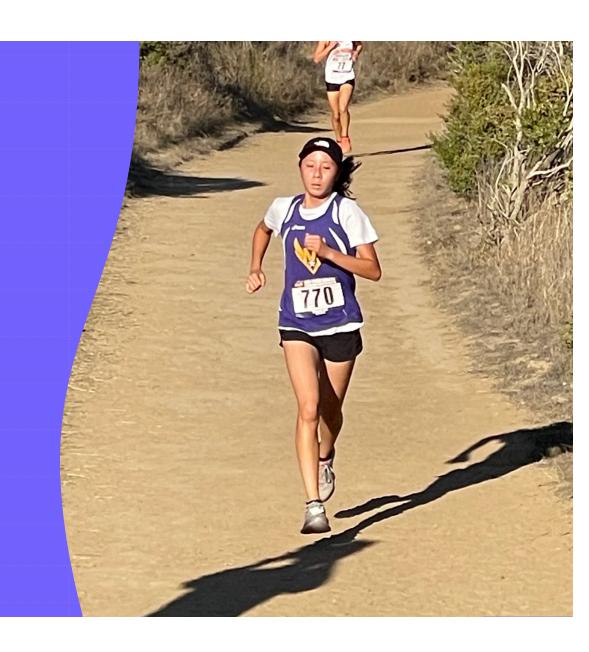


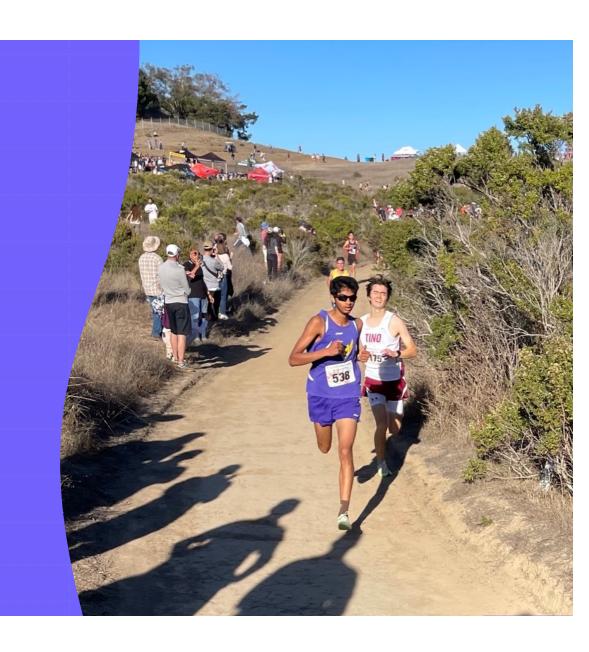
Let's think about the end of the 2024 Season

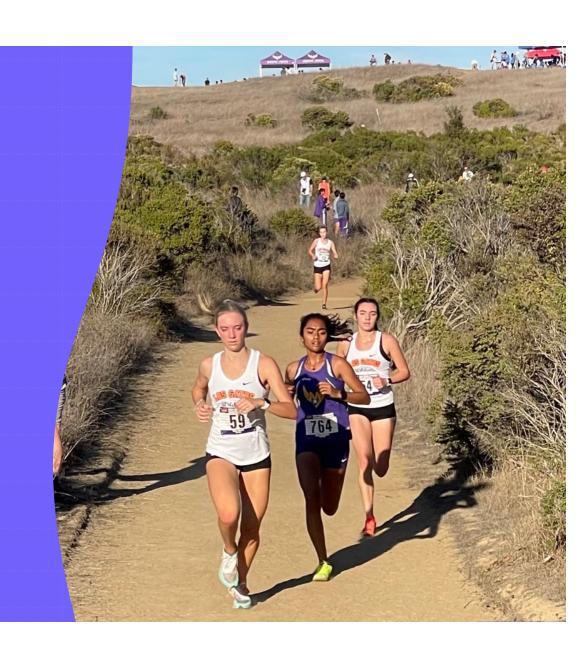








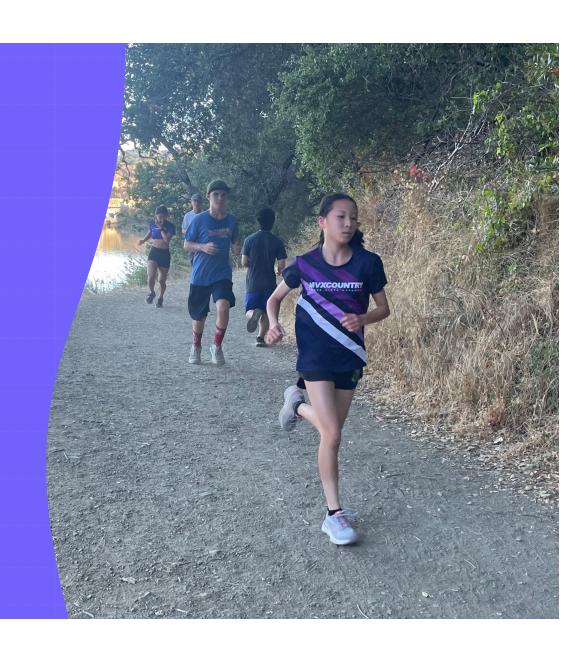




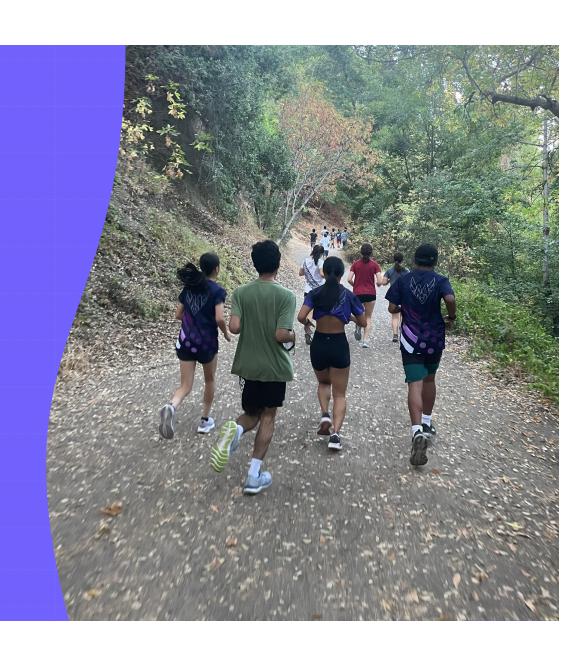




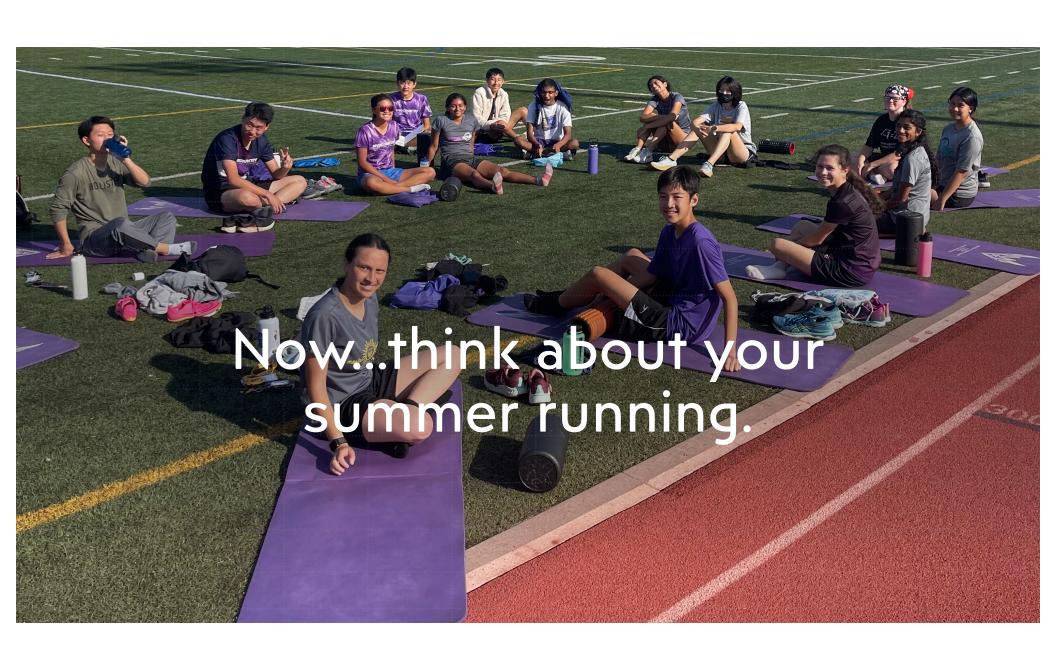














Pick a target weekly average:

Vary like a "ladder"; increase by 2-3 miles every week for three or four weeks, drop back 6-8, and work up a again Give yourself some grace Plan for vacations

Guidelines (but you be you):

Boys: 2nd summer, 35-40ish; 3rd summer, 45-50ish; 4th summer, 50-55ish Girls: 2nd summer, 30-35ish; 3rd summer, 35-40ish; 4th summer, 40-45ish New runners: Work up to running 5 days per week, 30-60 minutes per day

Summer Running

Example for a sophomore girl who ran cross and track, healthy, motivated

1. 30

2. 32

3.34

4. 36

5. 32

6. 34

7. 36

8.38

9.34

Possible additional goals:

Core 15 minutes, 4 days per week

Roll out 3 days per week

Hike with friends at least once a week

Bicycle ride or swim or water run with friends 2

days per week

Play a pick up soccer or basketball or?

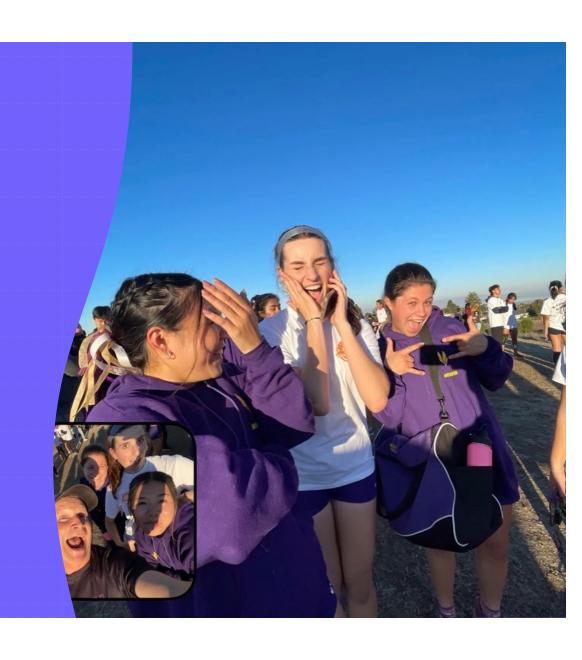
I want to try an experiment; you will have homework

- 1. Develop your plan by Sunday
- 2. Make it simple and achieveable
- 3. Email the plan to me (coachflatow@gmail.com)
- 4. Include your physical/street/snail mail address



Some 2024 Highlights

- 1. First practice August 9
- 2. Watermelon Run August 22
- 3. Lagoon Valley August 31
- 4. Mt. SAC October 25
- 5. SCVAL November 5



Mt. SAC, Friday October 25

- 1. Yes, plan on going!
- 2. All athletes, any pace, that have been working hard
- 3. Race is Friday, so will miss school Thursday and Friday
- 4. Back Saturday night (I have some ideas for fun things to do on Saturday on the way home...stay tuned



