

# TRAINING SCHEDULE FOR SUMMER 2008

## MEAD HIGH SCHOOL STYLE

“To do anything less than your best is to sacrifice the gift”  
Steve Prefontaine

**\*Monday-Wednesday-Friday Mornings / informal gatherings – 9:00 AM – 11:00 AM until August 18<sup>th</sup> ... meet on Mead High School Track!**

### June 1-30

Ideally, you should run some everyday. Make June an easy month. Long conversational pace! Hit some trails...Explore new areas...

Monday	40-60 minutes
Tuesday	40 minutes + 12 X grass goal post strides @ easy/medium/gradual pickup
Wednesday	40-60 minutes
Thursday	45 minutes
Friday	“River Run” + 12 X grass goal post strides @ easy/medium/faster
Saturday	“Your Choice” Maybe a road trip to Mount Spokane...Bekin Hill
Sunday	Long Easy Run (60-90 Minutes)

### July 1-31

July should be fun! Increase quality slightly...Get a few hills in because those that go to camp will need to be in “some kind of shape”.

Monday	60 minutes
Tuesday	Find a short 40-minute hilly run
Wednesday	60 minutes
Thursday	40 minutes of your favorite fartlek
Friday	“River Run” + 12 X grass goal post strides @ easy/medium/faster
Saturday	Repeat hills, harder tempo run (Road Trip)
Sunday	Long Easy Run (60-90 Minutes)

### August 1-17

Begin to get more intense! Still have fun! Don't go ape but your runs should include a mix of tempos, fartleks, and hills...

Monday	60 minutes
Tuesday	Hilly Fartlek Run
Wednesday	60 Minutes
Thursday	Oregon Drill or quality effort (no timed) 800/1200 repeats on soft surface
Friday	“River Run” + 12 X grass goal post strides @ easy-medium-faster pace
Saturday	Hard tempo for up to 60 minutes “Get In The Zone”
Sunday	Enjoyable 60-90 minutes!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

## **“BUILDING AND SUSTAINING A TRADITIONAL CROSS COUNTRY PROGRAM**

*PAT TYSON CIRCA MEAD 1986-2006*

- CREATING A FAMILY
- EXPOSURE TO EXCELLENCE
- CARRY ON THE MYSTIQUE
- THE “OREGON SYSTEM OF TRAINING”
- INSPIRATIONAL CONNECTIONS
- TRANSFORMING TALENTED INDIVIDUALS INTO GREAT TEAMS
- THE “LITTLE THINGS”

## OREGON SYSTEM OF TRAINING

- MODERATION
- PROGRESSION
- VARIATION
- ADAPTATION
- CALLUSING

As coach Bob Larson would say:  
Talent + Motivation = SUCCESS!!!!!!!!!!!!

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