

2020 OKC Storm Preseason Running Schedule and Training Log

Terminology:

Easy Run: about 55-65% effort; you should be capable of holding a conversation during the entire run

Long Runs: easy run pace but for a longer distance at one time. It is critical that one run a week be a longer run than your other days to build endurance.

Strides: 10-15 second light, quick runs with 60 second recovery between each one

Tempo Run: start off as an easy run for about 5-10 minutes and builds to a faster pace that you can manage for about 15-20 minutes (about 75% effort) followed by about 5-10 minutes of easy running.

Fartlek: start off as an easy run for about 5-10 minutes to warm up (this segment will be about 10% of your total run time), then alternate running short distances at a quicker pace (75-80% effort), jogging, and running a longer distance at a moderate pace (65-70% effort), you can choose to run set distances (example: 100 yards, 300 yards, ½ mile) or by time (example: 30 seconds, 1 minute, 3 minutes) (this segment should be 75% of your total run time), ending with 10 minutes of easy running to cool down.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 7-13	Rest	15-20 min easy run	15-20 min easy run	Rest	15-20 min easy run	Rest or 20 min easy run	25-30 min long run
June 14-20	Rest or 15 min easy run	20 min easy run	20 min easy	Rest	20 min easy run	Rest or 20 min easy run	30 min long run

June 21-27	Rest or 20 min easy run	20-25 min easy run with 6xStrides	20-25 min easy run	Rest or 20 min easy run	25 min easy run with 6xStrides	20 min easy run	35-40 min long run
June 28- July 4	Rest or 20 min easy run	25 min Tempo run	25 min easy run with 6xStrides	Rest or 25 min easy run	25 min easy run	25 min easy run with 6xStrides	40 min long run
July 5-11	Rest	25 min tempo run with 6x Strides	25-30 min easy run	30 min easy run with 6xStrides	30 min Fartlek	30 min easy run with 6xStrides	40-45 min long run
July 12-18	Rest	30 min tempo run with 6xStrides	30 min easy run	30 min tempo run with 6xStrides	35 min Fartlek	30 min easy run	45 min long run
July 19-25	Rest	Practice	Practice	35 min easy run	Practice	35 min easy run	50 min long run
July 26- Aug. 1	Rest	Practice	Practice	40 min easy run	Practice	35 easy run	50 min long run