“150 Mile Club”

Summer Workout Plan

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Week* | *Monday* | *Tuesday* | *Wednesday* | *Thursday* | *Friday* | *Saturday* | *Sunday* | TotalWeekly Mileage |
| #1 | 1 Mile | Rest | 1 Mile | Rest | 1 Mile | Rest | 1 Mile | 4 Miles |
| #2 | Rest | 1 Miles | Rest | 1.5 Miles | Rest | 1.5 Miles | Rest | 4 Miles |
| #3 | 1.5 Miles | Rest | 1.5 Miles | Rest | 2 Miles | Rest | 2 Miles | 7 Miles |
| #4 | Rest | 2 Miles | Rest | 2.5 Miles | Rest | 2.5 Miles | Rest | 7 Miles |
| #5 | 2.5 Miles | Rest | 2.5 Miles | Rest | 2.5 Miles | Rest | 2.5 Miles | 10 Miles |
| #6 | Rest | 3 Miles | Rest | 3.5 Miles | Rest | 3.5 Miles | Rest | 10 Miles |
| #7 | 3 Miles | Rest | 3 Miles | Rest | 3 Miles | Rest | 3 Miles | 12 Miles |
| #8 | Rest | 4 Miles | Rest | 4 Miles | Rest | 4 Miles | Rest | 12 Miles |
| #9 | 3.5 Miles | Rest | 3.5 Miles | Rest | 3.5 Miles | Rest | 3.5 Miles | 14 Miles |
| #10 | Rest | 4.5 Miles | Rest | 4.5 Miles | Rest | 5 Miles | Rest | 14 Miles |
| #11 | 4 Miles | Rest | 4 Miles | Rest | 4 Miles | Rest | 4 Miles | 16 Miles |
| \*#12 | Rest | 5 Miles | Rest | 5 Miles | Rest | 6 Miles | Rest | 16 Miles |
| \*#13 | 6 Miles | Rest | 6 Miles | Rest | 6 Miles | Rest | 6 Miles | 24 Miles |
| \* | Captain’s | Practice | Weeks |  |  |  | Total | 150 Miles |