

# Hot Laps

2018 Summer Training, June 7<sup>th</sup>–September 9<sup>th</sup>

From June 7<sup>th</sup> through September 9<sup>th</sup> I trained for the mile. Previously I had run 4:23.19 for one mile and 1:54.01 for 800m. Below I break down my summer of running. A conventional training log typically examines a block of training one day at a time, explaining each day's run and repetitions. This log aims to take a step back from the traditional day-to-day training and instead takes a look at my running by the numbers. At no point will I explain any specific session.

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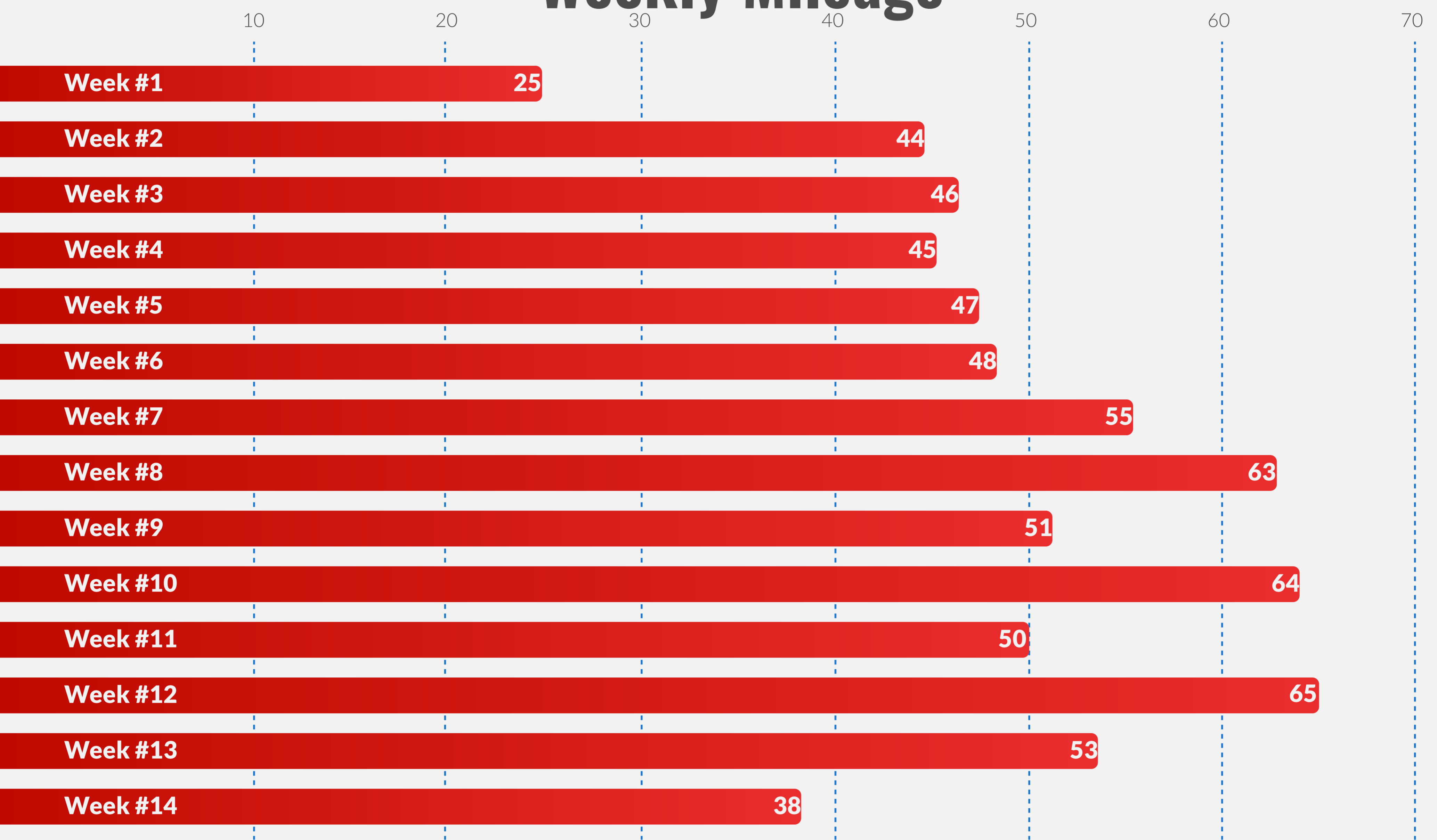
[Intervals](#)

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## Mileage

### Weekly Mileage



### Classification

### Miles

Total	:	694
Weekly Avg.	:	49.5
Easy	:	580.5
Tempos	:	34
Intervals	:	79.5

### June

0.583

Average daily interval mileage

0.864

Average daily tempo mileage

### August

1.048

Average daily interval mileage

0.672

Average daily tempo mileage

### July

0.871

Average daily interval mileage

0.549

Average daily tempo mileage

### September

0.667

Average daily interval mileage

0

Average daily tempo mileage