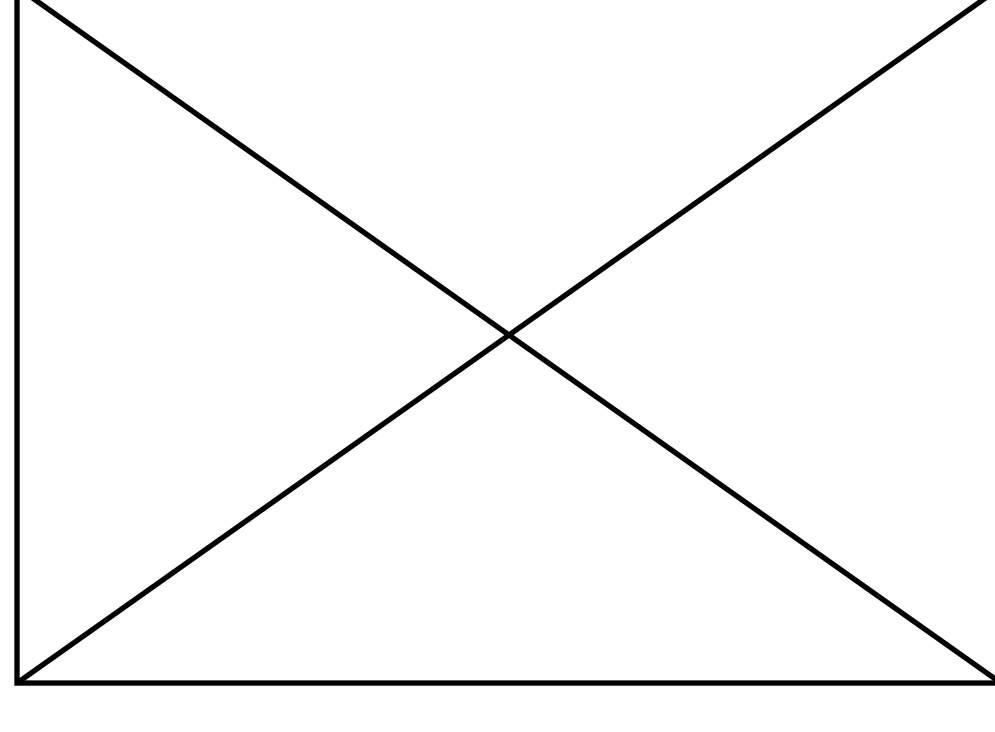


# Summer Training

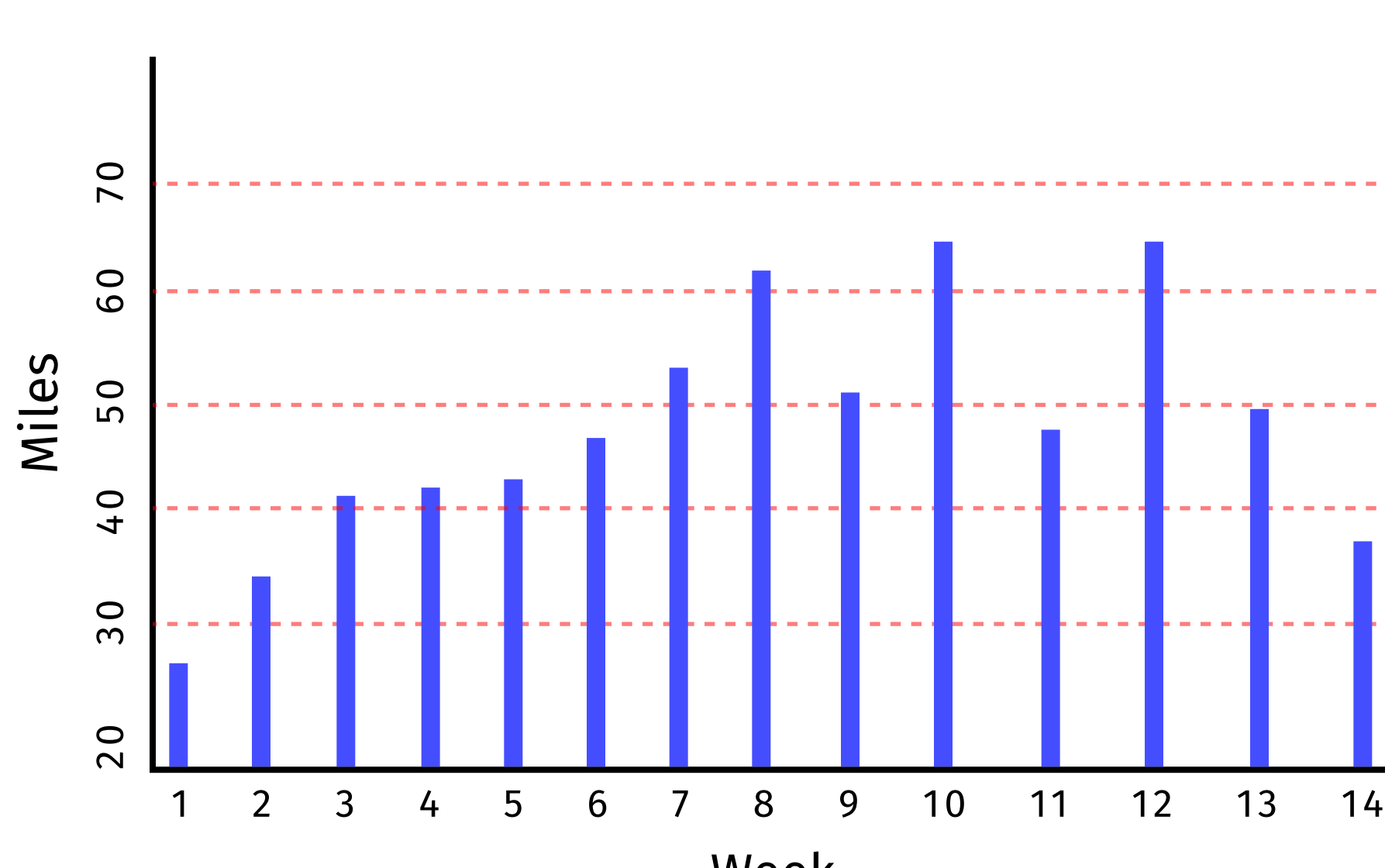
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## Table of Contents

- Mileage
- Easy Running and Tempo
- Intervals
- Drills, plyometrics, and weights
- Results

## Mileage



Total Mileage: ### miles

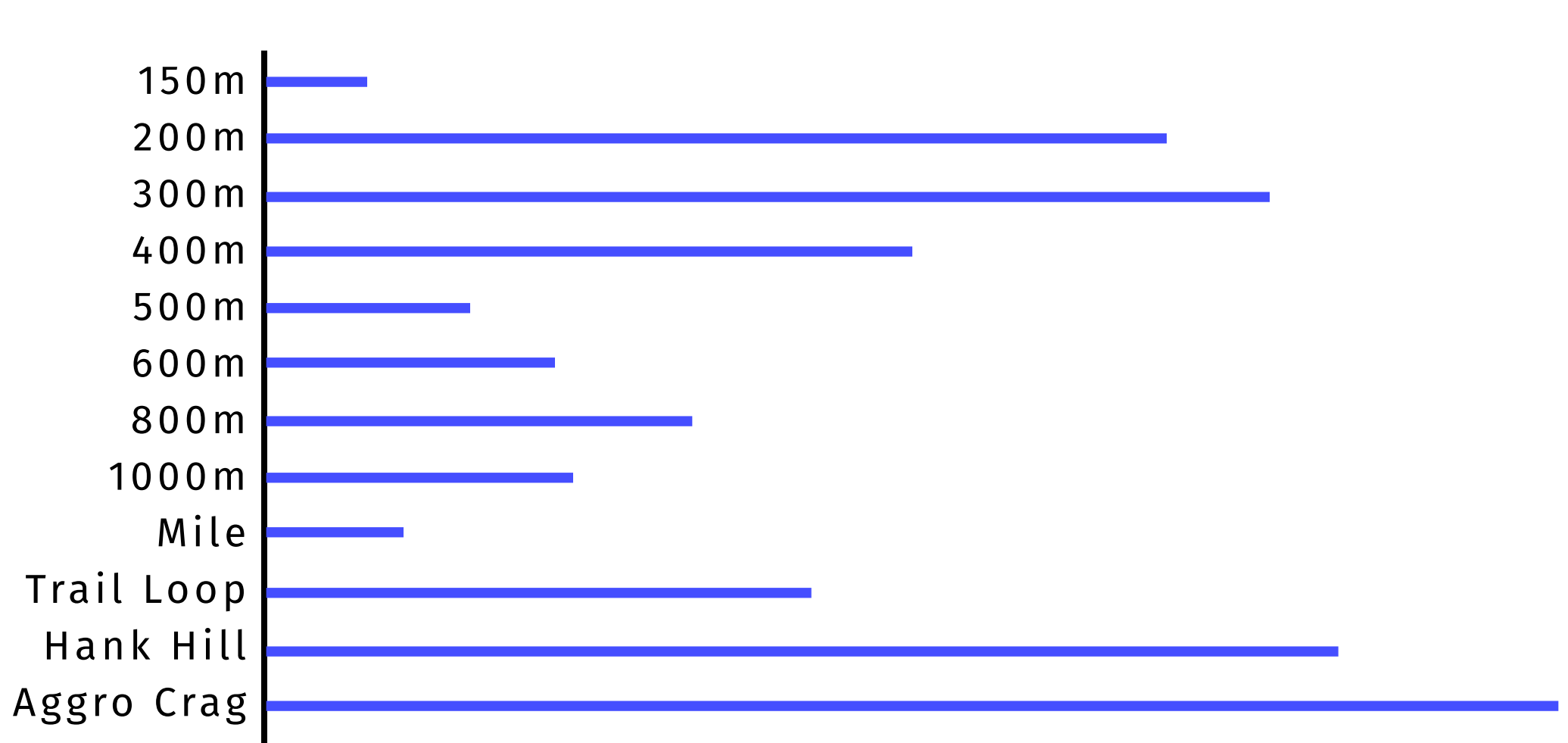
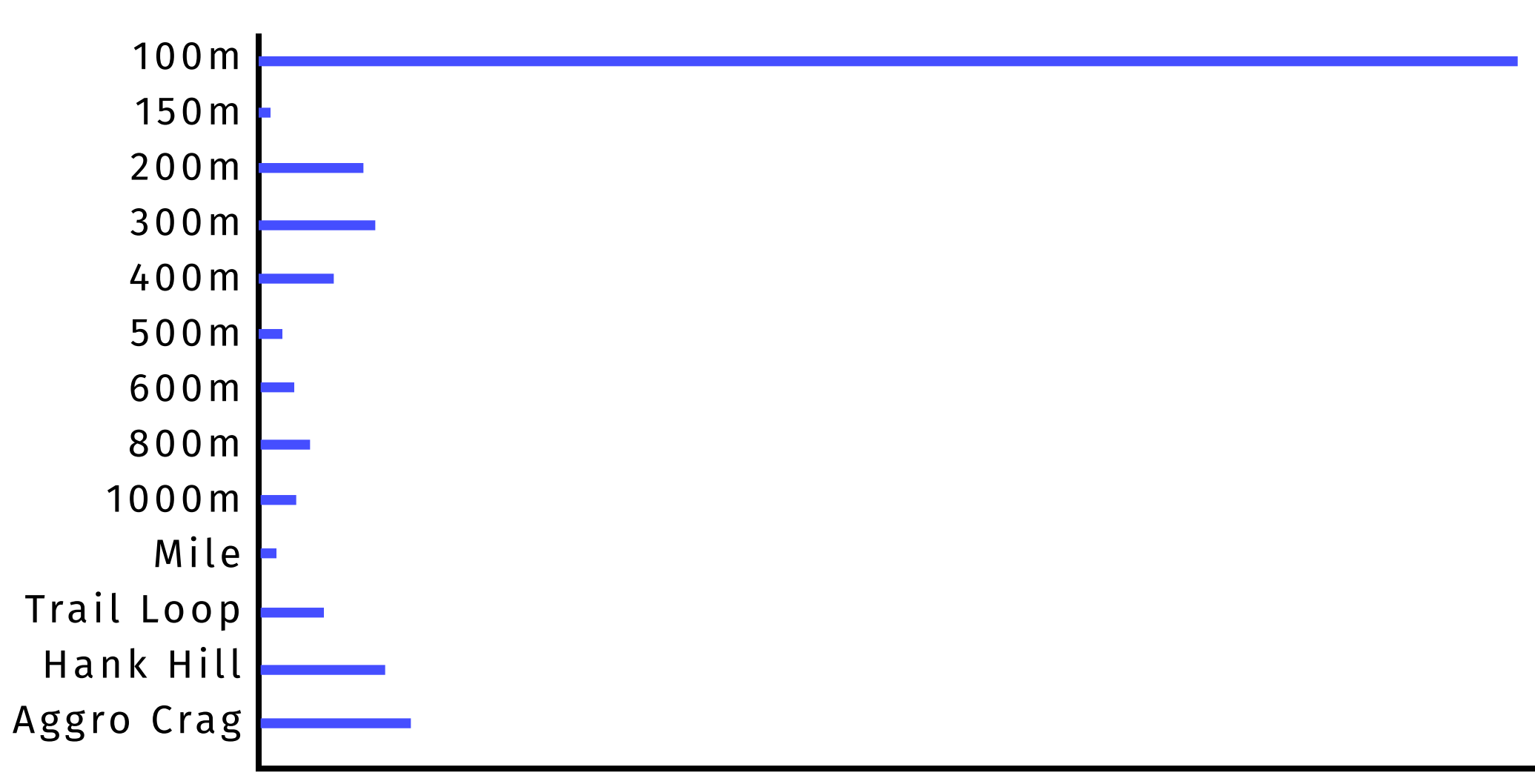
Weekly Average: ## mpw

Total mileage run Easy: ### miles

Total Mileage at Tempo: ## mpw

## Intervals

100m	:	###
<small>Lorem ipsum dolor sit amet</small>		
150m	:	#
200m	:	##
300m	:	##
400m	:	##
500m	:	#
600m	:	##
700m	:	##
800m	:	#
1000m	:	#
Mile	:	#
Trail Loop	:	##
<small>Lorem ipsum dolor sit amet</small>		
Hank Hill	:	##
<small>Lorem ipsum dolor sit amet</small>		
Aggro Crag	:	##
<small>Lorem ipsum dolor sit amet</small>		



## Drills and weights

Time spent doing running drills: ### minutes

# of Weight Lifting Sessions: ##

Squats	:	###
SL Extension	:	#
OH DB Press	:	##
Power Clean	:	##
BB Squat Jump	:	##
Pullup	:	#
Hanging Leg Raise	:	##
DB Lunge	:	##

## Results

400m	:	XX:XX.XX
<small>Date, location, link to results</small>		
1500m	:	XX:XX.XX
<small>Date, location, link to results</small>		
800m	:	XX:XX.XX
<small>Date, location, link to results</small>		
200m	:	XX:XX.XX
<small>Date, location, link to results</small>		
Mile	:	XX:XX.XX
<small>Date, location, link to results</small>		
Mile	:	XX:XX.XX
<small>Date, location, link to results</small>		
Mile	:	XX:XX.XX
<small>Date, location, link to results</small>		
Mile	:	XX:XX.XX
<small>Date, location, link to results</small>		