

Hot Laps

2018 Summer Training, June 7th–September 9th

From June 7th through September 9th 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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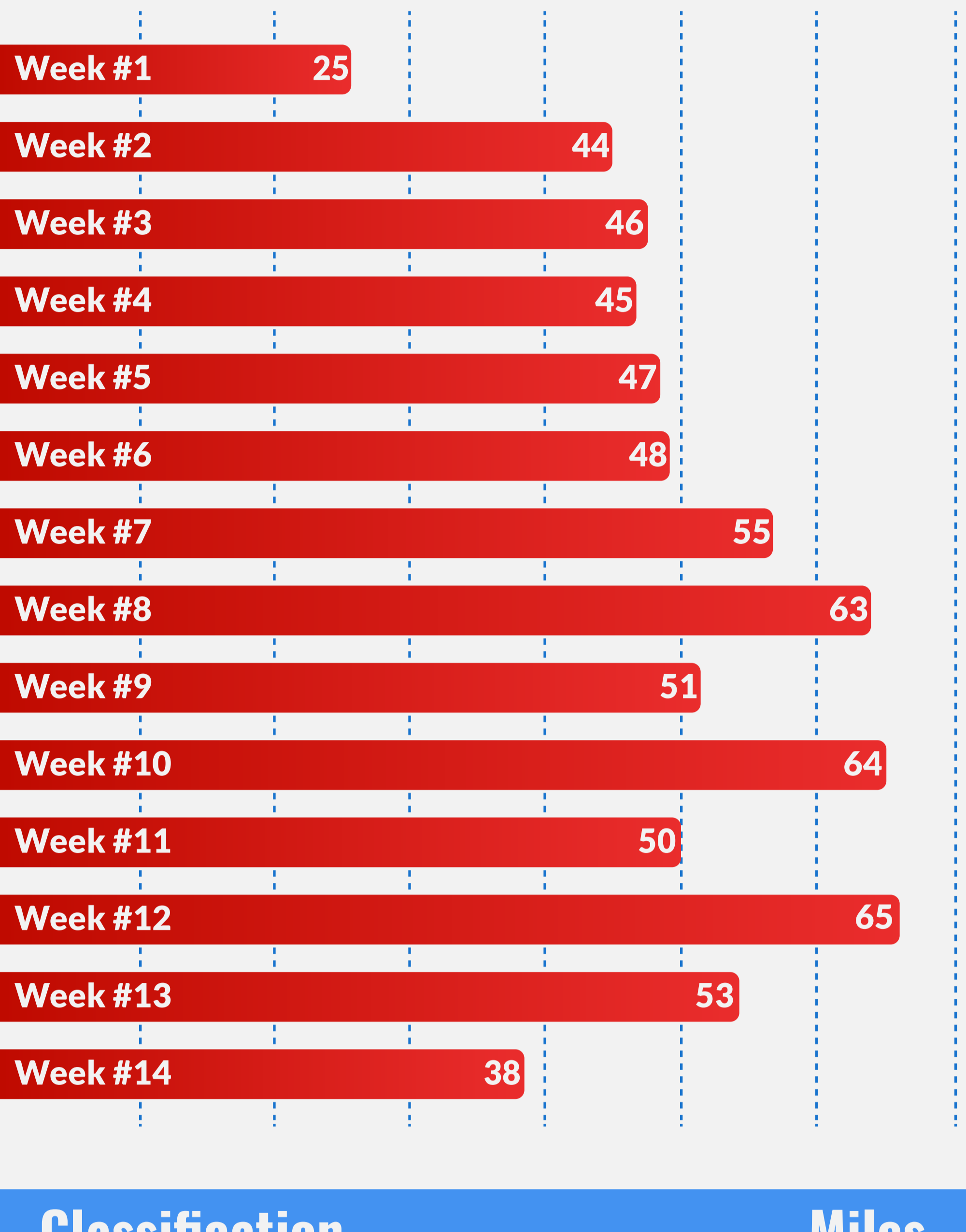
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Mileage

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

July

0.871

Average daily interval mileage

0.549

Average daily tempo mileage

August

1.048

Average daily interval mileage

0.672

Average daily tempo mileage

September

0.667

Average daily interval mileage

0

Average daily tempo mileage