

## Document explaining Training Groups

Every summer training season we begin with a new group of runners and bring back experienced runners. It is our goal in training to challenge each of you to reach a higher level of fitness from previous seasons. To that end grouping runners is imperative to this development. I do not expect incoming runners to train at the same mileage level as our more experienced/older/runners. However, we do encourage the new runners to strive to get faster over time.

My main goal as a coach is to provide opportunities for this improvement and to offer experiences which are challenging and fun. Hopefully, the disciplined learned from training and racing will carry forward to future life endeavors. Ultimately, I want each boy to have a good experience from running and enjoy it enough to continue running as a lifetime experience, whether at the college level or as a personal activity.

With this in mind I have devised a training standard based of time which will enable our team to continue to develop to a more competitive level.

**Gold Group**--This is our top mileage group. Designed for the guys who are training at the highest mileage level. This group will train 2x's a day, beginning with 2x's a week and increasing throughout the summer. Based off the Eagles training levels from 2019 Track season.

**Time levelers: Achieve one of these times. 5K--Sub 18:30, 3200--Sub 11:00, 3K--Sub 10:45, 1600--Sub 5:10**

**Silver Group**--This will be our Mid-mileage group where many of our runners will train this summer. Our goal is to prepare you for the Time Trial at the end of July to see if you can earn the invitation to Clifty Falls training Camp. More than likely our training plans will develop for this group throughout the summer and there will be a split of this group every day. Similar to the Hawks training group in track.

**Time Levelers: 5K--18:30-21:42(7:00 mile pace), 3200-- 11:00-12:00:, 3K--10:46-11:30, 1600--Sub 5:10-5:30**

**Bronze Group**--This will be for developing runners. Our goals are simple: 1. Get you to a level that you can run a distance of 4 miles without stopping to walk. 2. Get your mile time faster with the ultimate goal of breaking 5:30 in the mile. We will achieve this level of training through multi-level training efforts of continuous aerobic work, threshold intensity training, long and short intervals. We will continue to develop your core and upper body strength through bodyweight exercises. Plus we will offer dynamic development drills for coordination, flexibility and strength.