

June 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All workouts include warmup with stretching drills and cool down with stretching. This is critical to avoid injury.	<p>1 08:00 Brebeuf – warmup to College Park, run the loop or the BHTRR finishing at the sign, stretch, cooldown</p> <p>18:00 Brebeuf – ditto</p>	<p>2 08:00 Butler – easy 3-5K finish at track, 3 minute rest, 5x150m strides in groups</p> <p>18:00 Brebeuf – 1.5 mile tempo, weights</p>	<p>3 08:00 Brebeuf – medium 3K, tempo mile</p> <p>18:00 Brebeuf – ditto or medium 25 minutes, tempo mile, weights</p>	<p>4 08:00 Butler down and faster back 38th st</p> <p>18:00 Brebeuf – 20-30 minutes</p>	<p>5 08:00 Brebeuf – 10x300m starting every 2min 15sec (B) or 2min 30sec (G)</p> <p>18:00 Brebeuf – ditto or College Park + (BHTRR), weights</p>	<p>6 08:00 86th St Monon distance run</p> <p>Jose breakfast (5801 N. Pennsylvania)</p>
<p>7 <i>Camp of Champions</i> is held at the Northview Christian Life Church.</p>	<p>8 08:00 Butler – 5x400m on canal, strides</p> <p>18:00 Brebeuf Team/Parent Meeting in LGI, introduce and run the 5K course, weights</p>	<p>9 08:00 Holliday Park – hill relays x6</p> <p>18:00 Eagle Creek – 30 minutes</p>	<p>10 08:00 Butler – 20-25 minutes</p> <p>18:00 Brebeuf – 20-25 minutes, weights</p>	<p>11 08:00 Broad Ripple Park – 6 laps (in 2s)</p> <p>17:00 – Northview Christian Life Church, <i>Camp of Champions</i></p>	<p>12 08:00 Butler – run to Riviera, stretch, 1-3 laps + return trip</p> <p>16:00 Course Cleanup</p> <p>18:00 Brebeuf – grass loop relays x6, weights</p>	<p>13 08:00 Town Run Trail Park</p> <p>Bain breakfast (1471 Preston Tr, Carmel – approx. 106th and Ditch)</p>
<p>14 Course Cleanups – please bring a rake, wheel burrow, or other tool to help with this.</p>	<p>15 08:00 Butler – IMA Pond Loops (1 or 2)</p> <p>18:00 Brebeuf – College Park + warmup loop, weights</p>	<p>16 08:00 Holliday Park – Broad Ripple loop</p> <p>18:00 Eagle Creek – 10-1-2-3-5-3-2-1-10 or 1-2-3-2-1</p>	<p>17 08:00 Butler – 25-35 minutes moderate, 5 minutes fast</p> <p>18:00 Brebeuf – 3 x 1-mile repeats (slow, medium, fast), weights</p>	<p>18 08:00 96th St. Monon – 4-7 miles moderate</p> <p>17:00 – Northview Christian Life Church, <i>Camp of Champions</i></p>	<p>19 08:00 Holliday Park – 10 hills continuous (come hydrated)</p> <p>18:00 Brebeuf 25-30 minutes, weights</p> <p><i>Athletic Hall of Fame Dedication</i></p>	<p>20 10:00 Alumni 5K</p> <p>Winters breakfast (5502 N. Washington)</p> <p>16:30 – Sara Compton retirement party</p>
<p>21 Wellness Center – girls and boys team will be lifting 3 times/week in the afternoons.</p>	<p>22 08:00 Butler – Lake-IMA run. 3x150m strides on track.</p> <p>18:00 Brebeuf – Lancaster run (4.5 miles), weights</p>	<p>23 08:00 Holliday Park – Arden-Riverview run, 4 strides</p> <p>18:00 Eagle Creek – 40 minutes moderate, 5 minutes fast, 3 strides</p>	<p>24 08:00 Butler – 15x300m goal pace starting every 2m 15s (B) or 2m 30s (G)</p> <p>18:00 Brebeuf – easy Brewster, hard Emily, weights</p>	<p>25 08:00 Butler – 1-mile warmup, 2.5 mile tempo, 1 mile cooldown</p> <p>18:00 96th St. Monon – distance run – 4-6 miles, 3 strides</p>	<p>26 08:00 Holliday Park – To Park Tudor, 2 laps, and back – moderate. 4 strides.</p> <p>18:00 Brebeuf – 3 Trent Loops or 5 miles, weights</p>	<p>27 08:30 – Northview Christian Life Church, <i>Camp of Champions</i></p>
<p>28 <i>Moratorium Week</i> - Senior-led runs. No coach-runner contact.</p>	<p>29 08:00 Butler</p> <p>18:00 Holliday Park</p> <p><i>IHSAA Moratorium Begins</i></p>	<p>30 08:00 Butler</p> <p>18:00 Eagle Creek</p> <p><i>IHSAA Moratorium</i></p>				

July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																									
Estimated weekly mileages <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><u>Early July</u></th> <th style="text-align: center;"><u>Late July</u></th> <th style="text-align: center;"><u>Early August</u></th> <th style="text-align: center;"><u>Late August</u></th> </tr> </thead> <tbody> <tr> <td>Boys Varsity</td> <td style="text-align: center;">40-45</td> <td style="text-align: center;">50-55</td> <td style="text-align: center;">55-60</td> <td style="text-align: center;">55-60</td> </tr> <tr> <td>Girls Varsity</td> <td style="text-align: center;">35-40</td> <td style="text-align: center;">40-45</td> <td style="text-align: center;">45-50</td> <td style="text-align: center;">45-50</td> </tr> <tr> <td>JV</td> <td style="text-align: center;">30-35</td> <td style="text-align: center;">35-40</td> <td style="text-align: center;">35-45</td> <td style="text-align: center;">35-45</td> </tr> <tr> <td>Freshman</td> <td style="text-align: center;">25-30</td> <td style="text-align: center;">30-35</td> <td style="text-align: center;">30-40</td> <td style="text-align: center;">30-40</td> </tr> </tbody> </table>				<u>Early July</u>	<u>Late July</u>	<u>Early August</u>	<u>Late August</u>	Boys Varsity	40-45	50-55	55-60	55-60	Girls Varsity	35-40	40-45	45-50	45-50	JV	30-35	35-40	35-45	35-45	Freshman	25-30	30-35	30-40	30-40	1 08:00 Butler 18:00 Holliday Park <i>IHSAA Moratorium</i>	2 08:00 Butler 18:00 Holliday Park <i>IHSAA Moratorium</i>	3 08:00 Butler 18:00 Holliday Park <i>IHSAA Moratorium</i>	4 08:00 Town Run Trail Park <u>Brenner breakfast</u> <i>IHSAA Moratorium</i>
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5 GV:35-40 miles BV:45-50 miles • Swimming at Monon Center, Carmel, \$4 <i>IHSAA Moratorium Ends</i>	6 08:00 Butler – warmup, 30 th and faster back, 800m tempo on track (6.5 miles) 18:00 Brebeuf – full warmup, 4K moderate, weights (2.5 miles)	7 08:00 Monon Center – 2 miles, swim 18:00 Eagle Creek – 3 on, 2 off x 10 (6 miles)	8 08:00 Indy Dance – pilates 18:00 Brebeuf – Fitz 5 reverse (6 miles)	9 08:00 Butler 1-2-3-3-2-1 (no 5) (6 miles) 18:00 96 th St. Monon (45-60 minutes), pickup last 5 min (9 miles)	10 08:00 Monon Center – 2 miles, swim 18:00 Brebeuf – Team game 45 min OR mileage makeup run (7 miles), weights, Team Dinner	11 08:00 Joseph Maley run @ Eagle Creek, check in b/t 07:00-07:45 (www.josephmaley.org) (5 miles) <i>(49 miles)</i>																									
12 GV:35-40 miles BV:45-50 miles • Pilates Class at Indy Dance Academy, 9401 N. Meridian, \$7 <u>All-Star Camp</u>	13 08:00 Butler – IMA Michigan Loop x3 (7.5 miles) 18:00 Brebeuf – 45 minute run, weights (6.5 miles) <u>All-Star Camp</u>	14 08:00 Monon Center – 3 miles, swim 18:00 Eagle Creek – 60 min (9 miles), strides 23:59 <i>Harry Potter and the Half-Blood Prince</i> <u>All-Star Camp</u>	15 08:00 Indy Dance – pilates 18:00 Brebeuf – College Park 3-lap challenge run (7 miles), weights <u>All-Star Camp</u>	16 08:00 Butler – hill relays x 6 (4 miles) 18:00 Eagle Creek 40-minutes, last 5 fast (6.5 miles) <u>All-Star Camp</u>	17 08:00 Monon Center – 3 miles, swim 18:00 Brebeuf – Team game 45 min OR mileage makeup run, weights, Team Dinner	18 08:00 86 th St. Monon – (8 miles) <u>Ellison breakfast</u> <i>(55 miles)</i>																									
19 GV:40-45 miles BV:50-55 miles • Team dinners on Fridays to be determined by seniors.	20 08:00 Butler – run to Holliday Park, Broad Ripple, back (8 miles) 18:00 Brebeuf – 3x 1K cruise interval, strides, weights (2 miles)	21 08:00 Monon Center – 4 miles, swim 16:15 <i>Brebeuf to go to Noblesville</i> 18:30 <i>Twilight 5K</i> www.runnersforum.com (5 miles)	22 08:00 Indy Dance – pilates 18:00 Brebeuf – Moderate pace College Park, 6x150m strides, (4 miles), weights	23 08:00 West Park 6-mile run (40-50 minutes) 18:00 Eagle Creek – 10-1-2-3-5-3-2-1-10 (8 miles)	24 08:00 Monon Center – 4 miles, swim 18:00 Brebeuf – Team game 45 min OR mileage makeup run, weights,	25 08:00 Town Run Trail Park (4 miles if <u>running that night</u>) <u>Ralls breakfast</u> 18:00 – 42K Relay at Carmel Civic Centre (6 miles) <i>(51 miles)</i>																									
26 GV:40-45 miles BV:50-55 miles • Weight training will last an extra hour that day.	27 08:00 Brebeuf – Moderate Distance (5-9 miles) 18:00 Brebeuf – F.T.O.N. 25 minutes (3 miles), strides, weights	28 08:00 Monon Center – 30 minutes (4.5 miles), swim 16:30 <i>Brebeuf to go to Northview 5K (5 miles)</i> 18:15 <i>Girls</i> , 18:40 <i>Boys</i> www.runnersforum.com	29 08:00 Brebeuf – Easy Distance (4-8 miles) 18:00 Brebeuf – Trent Loop Indian Run, (3 miles), strides, weights	30 08:00 Monon Center – 30 minutes (4.5 miles), swim 18:00 Brebeuf – 10-min w/u, 2 on -1 off x 8, (5 miles)	31 08:00 Brebeuf (6 miles, 2 nd half faster) 18:00 Brebeuf – Team game 45 min OR mileage makeup run, weights	1 08:00 Butler 4 th Annual August Jose Memorial Death March (10 miles) <u>Sullivan breakfast</u> <i>(58 miles)</i>																									

August 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1 08:00 Butler 4th Annual August Jose Memorial Death March (10 miles) Sullivan breakfast (58 miles)</p>
<p>2 G:45-50 miles B:55-60 miles <i>IHSAA Start-of-season Physical must be on file</i></p>	<p>3 08:00 Brebeuf – moderate distance (2nd half faster) (8 miles) 16:00 K-repeats (4 miles) <i>Training Camp</i></p>	<p>4 07:00 Recovery Run (40 minutes) 16:00 Team game (2 miles) <i>Training Camp</i></p>	<p>5 07:00 Long Run (10.5 miles) 17:30 Team Mass 18:00 Parent Meeting in MPR <i>Training Camp</i></p>	<p>6 08:00 Brebeuf – race pace, 15x300m, 50s rest (4 miles) 10:00 Course Cleanup</p>	<p>7 08:00 Brebeuf – easy distance (60 minutes) (9 miles) 10:00 Lifting</p>	<p>8 08:00 Town Run Trail Park (7 miles) Kirk Taylor breakfast</p>
<p>9 G:45-50 miles B:55-60 miles</p>	<p>10 Quality 08:00 Brebeuf – w/ Lifting, 3x400 on 2:00, 3x300 on 1:30, 3x200 on 1:00 at Interval Pace 16:00 Brebeuf – 3-6 easy</p>	<p>11 Moderate 08:00 Brebeuf – 5-8 miles moderate 16:00 Brebeuf – team Indian Run + 10 strides</p>	<p>12 Quality 08:00 Brebeuf w/ Lifting, team cross 16:00 Team vs. Alumni Scrimmage (5K)</p>	<p>13 Easy 08:00 Brebeuf – 60 minutes easy 16:00 Brebeuf – 3-4 moderate + 10 strides</p>	<p>14 Quality no morning practice 16:00 Brebeuf w/ Lifting – Fartlek (5 on, 4 off x 4)</p>	<p>15 08:00 Fort Ben (meet at Lawrence Central) (8-12 miles moderate) Ron Taylor breakfast</p>
16	<p>17 Moderate School starts, warmup begins at 15:45 w/ Lifting 16:30 pictures</p>	<p>18 Quality 17:00 – Early Bird Meet</p>	<p>19 Easy 15:45 Brebeuf w/ Lifting – moderate 6 miles with 2nd half pickup</p>	<p>20 Quality 15:45 Brebeuf – First K or 4 min repeats , whole team, 4 minute rest Coach Anderson's Birthday</p>	<p>21 Easy 15:45 Brebeuf – 3 Trent Loops Hoffman dinner</p>	<p>22 09:00 Brebeuf Invite</p>
23	<p>24 Moderate 15:45 Lifting, 16:30 Meeting in LGI or athletic classroom, 17:00 practice – 7 miles moderate w/ strides</p>	<p>25 Quality 15:45 Brebeuf, 4x1 mile with decreasing rest (5 min, 4:30, 4 min, 3:30), interval pace (consistent), no hills</p>	<p>26 Easy 15:45 Lifting. 16:30 practice – Trent loops at increasing pace (3-4 of them)</p>	<p>27 Quality 15:45 Brebeuf – 20 minute tempo on track</p>	<p>28 Easy 15:45 Brebeuf Moore dinner</p>	<p>29 08:00 Black & Gold Hokum Karem</p>
30	<p>31 Moderate 15:45 Lifting, 16:30 Meeting in LGI or athletic classroom, 17:00 practice – 4-7 miles moderate w/ strides</p>					

September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>1 Quality</u> 15:45 Brebeuf - 1200, 1000, 800, 800, 1000, 1200 with same rest 19:00 Pack-the-House: Volleyball vs. Park Tudor	<u>2 Easy</u> 15:45 Brebeuf - lifting first, 3-4 miles easy, strides	<u>3 Quality</u> 17:00 - Landes Invite	<u>4 Easy</u> 15:45 Brebeuf - recovery run, mental preparation, strides Schutzman dinner	<u>5</u> 09:00 - Terre Haute State Preview
6	<u>7 Moderate</u> 15:00 - Monon Center 17:00 - Bub's	<u>8 Quality</u> 15:45 Brebeuf - 14x400 on the 2:00 16:30 Pack-the-House: B. Tennis vs. Park Tudor	<u>9 Easy</u> 15:45 Brebeuf - lifting first, 4-7 miles, strides	<u>10 Quality</u> 15:45 Brebeuf - modified tempo, lifting after	<u>11 Easy</u> 15:45 Brebeuf - Varsity moderate distance run, JV easy distance run Kyle Taylor dinner	<u>12</u> 09:00 - Park Tudor Invite
13	<u>14 Moderate</u> 15:45 Brebeuf - lifting, meeting, 6-8 miles with 15-minute pickup 19:00 Pack-the-House: G. Soccer vs. Cathedral	<u>15 Easy</u> 15:45 Brebeuf - 2 mile warmup with 6-7 x 150m with 3 min jogs, 1 mile cooldown on grass, 19:00 Pack-the-House: B. Soccer vs. Pike	<u>16 Quality</u> 15:45 Brebeuf - lifting, 2 mile warmup, 5 x 1200m faster than race w/ 3:30 recovery, 2 mile cooldown	<u>17 Moderate</u> 15:45 Brebeuf - 35-45 minutes, 10 barefoot strides on baseball field	<u>18 Easy</u> 15:45 Brebeuf - 3-4 miles, 5 barefoot strides Pahud dinner	<u>19</u> 09:30 - Ted Fisher Golden Spike Invite TBA - Flash Rock Invite
20	<u>21 Moderate/Quality</u> 15:45 Brebeuf - lifting, meeting, Boys: Long CP, EB, then Long CP as a pickup. Girls: EB, then Long CP as a pickup. Varsity teams together.	<u>22 Easy</u> 15:45 Brebeuf - 2-3 Trent Loops followed by lower body lifting	<u>23 Quality</u> 15:45 Brebeuf - optional upper body lifting, 16:15 meet at hill. 10 min w/u, 2 on 2 off, 3 on 3 off, 4 on 4 off, repeat. 10 min c/d.	<u>24 Moderate</u> 15:45 Brebeuf - 4-6 miles easy with 6 x 150m accelerations	<u>25 Easy</u> 15:45 Brebeuf - 2-4 miles moderate with 100m strides, Sanders dinner 19:00 Pack-the-House: Football vs. Howe	<u>26</u> 09:00 - Culver Invite
27	<u>28 Distance</u> 10:00 Butler - 6-8 Distance with strides	<u>29 Quality</u> 15:45 Brebeuf - weights first, 16:15 meeting in LGI, 20-min tempo w/ 6 x 150m strides at full recovery	<u>30 Easy</u> 15:45 Brebeuf - 3-4 miles recovery, weights after			

October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Quality 15:45 Brebeuf – 10 x 500m w/ 100m pickup	2 Recovery 15:45 Brebeuf – 3-4 miles Team Moms Homecoming dinner/tailgate,	3 09:00 – Marion County Tournament
4 Recovery Easy 3/4	5 Easy 5 Trent Loops w/ 4x150m strides	6 Quality 17:15 – Warren Central Freshman Invite (Boys) B: Tempo 5 w/ 3 miles in College Park G: 5x1000s w/ 7 min go, run each K	7 Easy Morning recovery 3 miles. Easy 4 miles on grass. Hay in barn.	8 Moderate 6-8 miles (Fitz 5/Fitz 7)	9 Easy Easy 4 miles on grass, 4x150m strides	10 Quality 11:00 – Northview, 4x800m intervals with 400m jogs on grass. JH: Visualize run. 300s. MW: Visualize run. 150s. Team: Visualize race w/ strides.
11 Recovery Easy 5 miles.	12 REST Warmup, stretch, cool down on grass Meeting and Rock Bottom dinner in Rm 108 w/ <i>Forever Strong</i>	13 Race 17:00 – Brebeuf Jesuit Sectional	14 Recovery 5 mile recovery w/ 4x150m strides	15 Quality Warmup, drills, 4x800m at goal pace, cool down, stretch	16 Easy Warmup, drills, 4x150m into the chute, cool down, stretch, team meeting in athletic room, ice bath Ellison dinner	17 Race 08:00 – Tent Setup 10:30 – Brebeuf Jesuit Regional
18 Detroit Marathon (Coach Klingler and Coach Elliott)	19 Distance 6-7 miles, easy pace . Team meeting at 16:00 w/ individual meetings from 16:15-17:15	20 Moderate 5 miles on grass, 4x150m strides	21 Quality 1200s at Northview	22 Recovery 5 miles at 6:46 on road, easy on grass w/ 4x150m strides	23 Easy Warmup, drills, 4x150m into the chute, cool down, stretch, ice bath	24 Race 09:00 – Tent Setup 10:30 – Carmel Semi- State
25	26	27	28	29	30	31 Race 13:00 – IHSAA State Finals