

# State of Franklin Track Club Summer Training Program

*Don't be Lazy, get Crazy!*

[www.runtricity.org](http://www.runtricity.org)  
(click on Training Program)

The **SFTC Summer Training Program** is an opportunity for you to get in shape or improve your current shape over the summer months.

The program consists of:

- Weekly beginners (or novice) group activities on Mondays in Kingsport from May thru early September.
- Different training plans to choose from each designed with specific goals.
- Support from experienced runners as you define your goals and tackle your milestones!
- All speeds (and non-speeds) welcome! Collaborate with like-minded "soles".

This program is an evolution of the former Crazy8s Training Program. It has been revised and improved over the years by experienced SFTC members with input from "trainees". Using feedback from the trainees, we've extended the program to take you thru the entire summer.

\$ Money? There's **no cost**. Just friendly help and advice along the way. And great company if you opt for the Monday night beginner's program!

The training program is centered around [Crazy8s](#) and the [Eastman Road Race](#). These 2 events will be major milestones in your summer training plan.

The program offers 2 training plans:

**[Walking & Jogging](#)** - - This plan is designed for a beginner or novice who wishes to build enough stamina to complete an 8K and 10K race. Meeting on Monday evenings at the Kingsport Greenbelt, they break out into sub-groups of varying speeds. [More details...](#)

**[Track Workouts](#)** - Choose from 2 track workout plans designed for a runner who wants to improve their 8K and 10K race times. A good time to do these is on Tuesday evenings at Dobyns-Bennett track. [More details...](#)

*Note that these track workouts are **not** SFTC-organized activities - plan to do these workouts by yourself. However, support is available via e-mail as needed - please do not hesitate to [Contact Us](#) with any questions you might have concerning the program.*

## Walking & Jogging

This plan is designed for a beginner or novice who wishes to build enough stamina to complete an 8K and 10K race. Overall you should run/walk at least 3 times/week.

Group runs meet **Mondays 5:30pm at 2080 American Way (at the end of the street, past **Gold Star Racquet & Fitness**)**. All runs will be on the Kingsport Greenbelt. Bring your own refreshments. We'll have a quick talk & warmup period and then the run/walk workout. During the mid-summer months, you might want to visit Legion Pool afterwards for an icy cool-down swim.

### "Trotties" Group Workouts:

<u>Week</u>	<u>Date</u>	<u>Run...</u>	<u>Walk...</u>	<u>Repeat run/ walk for</u>	<u>Then</u>	<u>Total workout</u>	<u>Tips</u>	
1	<b>Apr 27</b>	3 mins	3 mins	5 times	Done!	30 mins	<a href="#">Running is Simple / Track Workouts</a>	
2	<b>May 4</b>	3 mins	3 mins	5 times	Done!	30 mins	<a href="#">Running Shoes / Running Form</a>	
3	<b>May 11</b>	4 mins	2 mins	5 times	Done!	30 mins	<a href="#">Excuses / Pace</a>	
4	<b>May 18</b>	6 mins	2 mins	4 times	Done!	32 mins	<a href="#">Excuses / Pace</a>	
5	<b>May 25</b>	8 mins	3 mins	3 times	Done!	33 mins	<a href="#">Injuries / S.E.T.</a>	
6	<b>Jun 1</b>	"Easy week": A built-in week to recharge our soles. We'll pick a prior workout to repeat.						<a href="#">Safety / Peak Strategies</a>
7	<b>Jun 8</b>	10 mins	3 mins	3 times	Done!	39 mins	<a href="#">Pressure / Race Plan</a>	
8	<b>Jun 15</b>	12 mins	2 mins	3 times	Done!	42 mins	<a href="#">Volunteering / Race Shoes</a>	
9	<b>Jun 22</b>	15 mins	2 mins	2 times	run 10 mins	44 mins		
10	<b>Jun 29</b>	"Easy week": A built-in week to recharge our soles. We'll pick a prior workout to repeat.						
11	<b>Jul 6*</b>	18 mins	2 mins	2 times	run 5 mins	45 mins		
		* Note: The July 6th workout will be on the Crazy8 course @ 7pm						
	<b>Jul 11</b>	<b>Crazy8s 8K Run!!!</b>						

Monday night sessions will follow the schedule listed above. In addition, runners should do separate workouts on their own 2-3 times each week. Those workouts should include plenty of variety...that is, do repeats of shorter distances but at a faster pace (speedwork). Or go longer but with more rests built in (endurance, calorie burning).

## Track Workouts

Track workouts are good for a runner who wishes to improve their 8K and 10K race speed.

Training Plan "A" uses random distances to provide your legs with a variety of challenges.

Training Plan "B" uses a *periodization* approach, using progressive periods of longer or faster workouts leading up to raceday.

Overall you should run at least 4 times/week including one track workout, one "tempo" run, one long run (6+ miles) plus other easy runs.(4 - 6 miles). Details of what a tempo run is and how to do one was published in a [Running Times magazine article](#). If your schedule allows, do your track workouts on Tuesdays 5:30pm at Dobyns-Bennett High School track. Take your own refreshments.

To determine what training pace you need to reach a certain goal, try the [McMillan Running Calculator](#). Note that this website link has *sound* so you might want to switch off/turn down the volume on your computer speakers before opening it.

<u>Week</u>	<u>Date (Tues)</u>	<u>Warmup jog...</u>	<u>Workout</u>	<u>Cool-down jog</u>	<u>Tips</u>	
1	Apr 28	1 mile	Light workout, 4x400 meters	1 mile	<a href="#">Simplicity / Track Workouts</a>	
2	May 5	1 mile	3x800 meters	1 mile	<a href="#">Running Shoes / Running Form</a>	
3	May 12	1 mile	2x1200 meters	1 mile	<a href="#">Excuses / Pace</a>	
4	May 19	1 mile	5x400 meters 4x200 meters	1 mile	<a href="#">Injuries / S.E.T.</a>	
5	May 26	1 mile	7x400 meters	1 mile	<a href="#">Heat / Breathing</a>	
6	Jun 2	1 mile	4x800 meters	1 mile	<a href="#">Safety / Peak Strategies</a>	
7	Jun 9	1 mile	2x1200 meters 1x600 meters	1 mile	<a href="#">Pressure / Race Plan</a>	
SFTC Summer Track Meets for next 4 weeks - Check the <a href="#">SFTC Event Calendar</a> for more details.						
8	Jun 16	1 mile	2x400 meters 4x200 meters 1 mile race	1 mile	<a href="#">Volunteering / Race Shoes</a>	
9	Jun 23	1 mile	4x400 meters 800 meter race 1 mile race	1 mile		
10	Jun 30	1 mile	2x800 meters then choose your races!	1 mile		
	Jul 6	SPECIAL MONDAY! - Run/walk Crazy8s 8K course @7pm.				
11	Jul 7	1 mile	1x1200 meters then choose your races!	1 mile		
	Jul 12	Crazy8s 8K Run!!!				