

WEEK 1

RECREATIONAL

6.6 MILES



summer
scamper

MONDAY 5.08

1x (200m, 75sec REST, 200m), 75sec REST

2x (600m, NO REST, 200m) 75sec REST (400m) 75sec REST BTWN SETS

ALL 200s AT FAST PACE | 400m & 600m INTERVALS AT MOD./FAST PACE

TOTAL: 2,800m

TUESDAY 5.09

ANY NC FIT CLASS

WEDNESDAY 5.10

2x (1000m AT MOD PACE, 400m AT FAST PACE, 600m AT MOD./FAST PACE)
3 min REST BTWN REPS & 5 min REST BTWN SETS

TOTAL: 4,000m

THURSDAY 5.11

ANY NC FIT CLASS

FRIDAY 5.12

ANY NC FIT CLASS OR ANY ACTIVE RECOVERY

SATURDAY 5.13

2 MILES (WALK, JOG, OR RUN)

3 min REST

2x (40m SPRINTS W/ FULL RECOVERY)

2x (60m SPRINTS W/ FULL RECOVERY)

SUNDAY 5.14

REST OR ATHLETE CHOICE

WEEK 2

RECREATIONAL
7.2 MILES



summer
scamper

MONDAY 5.15

2x (400m AT MOD. PACE, 400m AT MOD/FAST PACE, 400m AT FAST PACE,
400m AT FAST PACE)

2 min REST BTWN ALL REPS

TOTAL: 3200m

TUESDAY 5.16

ANY NC FIT CLASS

WEDNESDAY 5.17

1min MOD PACE - 30sec EASY
2min MOD PACE - 60sec EASY
3min MOD PACE - 90sec EASY
3min MOD PACE - 90sec EASY
2min MOD PACE - 60sec EASY
1min MOD PACE - 30sec EASY.

TOTAL: 3200m

THURSDAY 5.18

ANY NC FIT CLASS

FRIDAY 5.19

ANY NC FIT CLASS OR ANY ACTIVE RECOVERY

SATURDAY 5.20

2 MILES (WALK, JOG, OR RUN)
3 min REST
2x (60m SPRINTS W/ FULL RECOVERY)
2x (80m SPRINTS W/ FULL RECOVERY)

SUNDAY 5.21

REST OR ATHLETE CHOICE

WEEK 3

RECREATIONAL

8.1 MILES



MONDAY 5.22

800m AT MOD PACE, 45sec REST
200m AT FAST PACE, 2min REST
600m AT MOD PACE, 45sec REST
200m AT FAST PACE, 2min REST
400m AT MOD PACE, 45sec REST
200m AT FAST PACE

TOTAL: 2,400m

TUESDAY 5.23

ANY NC FIT CLASS

WEDNESDAY 5.24

1000m AT MOD PACE
1000m JOG,
1000m AT MOD PACE
3 min REST BTWN REPS

4x (100m SPRINTS W/ 75sec REST BTWN REPS)

TOTAL: 3,400m

THURSDAY 5.25

ANY NC FIT CLASS

FRIDAY 5.26

ANY NC FIT CLASS OR ANY ACTIVE RECOVERY

SATURDAY 5.27

3 MILES (WALK, JOG OR RUN)
WITH 8x30sec SURGES WITHIN 3 MILES

SUNDAY 5.28

REST OR ATHLETE CHOICE

WEEK 4

RECREATIONAL

8.5 MILES



summer
scamper

MONDAY 5.29

300m AT FAST PACE, 45sec REST
400m AT MOD/FAST PACE, 2 min REST
500m AT MOD/FAST PACE, 2 min REST
600m AT MOD PACE, 2 min REST
500m AT MOD/FAST PACE, 2 min REST
400m AT MOD/FAST PACE, 2 min REST
300m AT FAST PACE

TOTAL: 3,000m

TUESDAY 5.30

ANY NC FIT CLASS

WEDNESDAY 5.31

3x (1200m AT EASY/MOD PACE) WITH 2 min REST BTWN REPS
6x (100m SPRINTS) W/ 30 sec REST BTWN REPS

TOTAL: 4,200m

THURSDAY 6.01

ANY NC FIT CLASS

FRIDAY 6.02

ANY NC FIT CLASS OR ANY ACTIVE RECOVERY

SATURDAY 6.03

2 MILES (WALK, JOG OR RUN)
3 min REST
2x (80m SPRINTS) W/ FULL RECOVERY
2x (100m SPRINTS) W/ FULL RECOVERY
1x (200m SPRINTS)

SUNDAY 6.04

REST OR ATHLETE CHOICE

WEEK 5

RECREATIONAL

9.2 MILES



summer
scamper

MONDAY 6.05

2000m AT FAST PACE, 5-7 min REST
1X (200M AT MOD PACE) 60sec REST
1X (400M AT MOD/FAST PACE) 60sec REST
1X (200M AT FAST PACE)

TOTAL: 3,000m

TUESDAY 6.06

ANY NC FIT CLASS

WEDNESDAY 6.07

1x (1600m JOG)
1x (1600m AT EASY PACE)
1x (1600m AT MOD PACE)
WITH NO REST BTWN REPS

TOTAL: 4,800m

THURSDAY 6.08

ANY NC FIT CLASS

FRIDAY 6.09

ANY NC FIT CLASS OR ANY ACTIVE RECOVERY

SATURDAY 6.10

4 MILES (WALK, JOG OR RUN)
5 min REST
3x (150m SPRINTS) W/ FULL RECOVERY

SUNDAY 6.11

REST OR ATHLETE CHOICE

WEEK 6

RECREATIONAL

6.4 MILES



MONDAY 6.12

6x (2 min HILL, STAIRS, SLED PULL INTERVALS) FULL RECOVERY BTWN SETS
OR
6x (30^{SEC} MOD PACE, 60^{SEC} MOD/FAST PACE, 30^{SEC} FAST PACE)
FULL RECOVERY BTWN SETS

TOTAL: 2,400m

TUESDAY 6.13

ANY NC FIT CLASS

WEDNESDAY 6.14

4x (200m AT MOD PACE)
4x (200m AT FAST PACE)
4 MIN REST
1x (200m AT MOD PACE)
1x (200m AT FAST PACE)
2 MIN REST
1x (200m AT MOD PACE)
1x (200m AT FAST PACE)

TOTAL: 2,400m

THURSDAY 6.15

ANY NC FIT CLASS

FRIDAY 6.16

ANY NC FIT CLASS OR ANY ACTIVE RECOVERY

SATURDAY 6.17

3 MILES (JOG OR RUN)

SUNDAY 6.18

REST OR ATHLETE CHOICE