

Ice Cold Running Club – Summer Base & Strength Training Plans

This document includes the complete Summer Base & Strength Training Calendar (June 1 – August 31) and event-specific alternate calendars for Ice Cold Running Club post-secondary collegiate athletes. The goal is to build aerobic strength, efficiency, and durability while prioritizing health and long-term development.

Important Guidance

- If any minor injury, pain or other issues arise during training, STOP and ask for advice. **Do not run through injuries.** It is better to take a few days off than to fight through an injury.
- Summer races are optional (0–2 total) and should be purely for fun.
Preference is no racing unless the event is relaxed and low-pressure.
- Strides: 4–6 × 100m a few times a week are great. June and July at approximately 5K pace. In August, strides may progress so the final 2–3 reps at mile pace, never all-out.
- Easy runs should be at conversational pace.

Injury-Prone Athletes & Cross-Training

Athletes who have been injury-prone in the past, returning from injury, or noticing early warning signs should replace 1–2 run days per week with low-impact aerobic cross-training such as biking, swimming, or elliptical. These sessions should be easy to moderate and used to maintain aerobic fitness while reducing impact stress. Replacing a run is always preferable to risking a larger injury.

Event-Specific Calendars - Changes

Calendar A: Pure 800m / 1600m Athletes (No Cross Country)

- Maximum weekly mileage: 40–45 miles
- Long run: 8–10 miles max
- Same workout progression as the main calendar with reduced easy-day volume
- One to two optional cross-training days may replace an easy run

Calendar B: 1600-Focused Athletes

- Maximum weekly mileage: 55–60 miles
- Maximum long run: 12 miles
- Greater emphasis on August race-pace quality than volume accumulation

Coaching Notes

Across all calendars, consistency and health take priority over mileage. Adjust proactively, communicate early, and arrive at the fall season healthy and confident.

Summer Calendar – Distance / XC**June 1–7 (35 miles)**

Monday – 6 miles easy + optional strides

Tuesday – 5 miles easy

Wednesday – 6 miles easy + optional strides

Thursday – 5 miles easy

Friday – 3 miles very easy

Saturday – 8 mile long run

Sunday – 2 miles very easy or rest

June 8–14 (45 miles)

Monday – 7 miles easy + strides

Tuesday – 6 miles easy

Wednesday – 7 miles easy + strides

Thursday – 6 miles easy

Friday – 4 miles very easy + strides

Saturday – 10 mile long run

Sunday – 5 miles easy

June 15–21 (55 miles)

Monday – 8 miles easy + strides

Tuesday – 8 miles easy

Wednesday – 9 miles steady + strides

Thursday – 8 miles easy + strides

Friday – 5 miles very easy

Saturday – 12-mile-long run

Sunday – 5 miles easy

June 22–28 (50 miles – down week)

Monday – 8 miles easy + strides

Tuesday – 8 miles easy + strides

Wednesday – 9 miles steady + strides

Thursday – 7 miles easy + strides

Friday – 4 miles very easy

Saturday – 13 mile long run

Sunday – rest

June 29–July 5 (55 miles)

Monday – 8 miles easy + strides

Tuesday – Fartlek 3/2/1/1/2/3 with equal jog; total 7 miles

Wednesday – 8 miles easy

Thursday – 7 miles easy + strides

Friday – 4 miles very easy

Saturday – 7 miles steady

Sunday – 14 mile long run

July 6–12 (60 miles)

Monday – 9 miles easy

Tuesday – Easy 40–45 min + 20-minute progression run

Wednesday – 9 miles easy + strides

Thursday – 8 miles easy

Friday – 5 miles very easy + strides

Saturday – 6 miles steady

Sunday – 14 mile long run

July 13–19 (65 miles)

Monday – 10 miles easy + strides

Tuesday – Fartlek 4/3/2/2/4; total 10 miles

Wednesday – 9 miles easy + strides

Thursday – 9 miles easy + strides

Friday – 5 miles very easy + strides

Saturday – 8 miles steady

Sunday – 14 mile long run

July 20–26 (50 miles – down week)

Monday – 8 miles easy + strides

Tuesday – 8 mile progression run

Wednesday – 7 miles easy + strides

Thursday – 6 miles easy + strides

Friday – 4 miles very easy + strides

Saturday – 5 miles easy

Sunday – 13 mile long run

July 27–August 2 (60 miles)

Monday – 9 miles easy

Tuesday – 8 mile progression run

Wednesday – 9 miles easy

Thursday – 8 miles easy + strides

Friday – Threshold: 12×400m; total 9 miles

Saturday – 6 miles easy

Sunday – 14 mile long run

August 3–9 (65 miles)

Monday – 10 miles easy

Tuesday – Threshold: 5×800m; total 10 miles

Wednesday – 9 miles easy

Thursday – 9 miles easy + strides

Friday – Race pace: 3×1000m; total 6 miles

Saturday – 8 miles easy

Sunday – 13 mile long run

August 10–16 (70 miles – peak)

Monday – 11 miles easy

Tuesday – Threshold: 5×1000m; total 11 miles

Wednesday – 10 miles easy

Thursday – 9 miles easy + strides

Friday – Race pace: 8×400m; total 5 miles

Saturday – 10 miles easy

Sunday – 14 mile long run

August 17–23 (65 miles – backing down)

Monday – 9 miles easy

Tuesday – 9 miles easy aerobic

Wednesday – 9 miles easy

Thursday – 8 miles easy + light strides

Friday – Race pace: 4×1200m @ 8K pace; total 9 miles

Saturday – 7 miles easy

Sunday – 14 mile long run

August 24–30 (60 miles – recovery week)

Monday – 8 miles easy

Tuesday – 8 miles easy

Wednesday – 8 miles easy

Thursday – 8 miles easy + optional relaxed strides

Friday – 6 miles very easy

Saturday – 8 miles easy

Sunday – 10–12 miles easy