



*CARPE DIEM*

Dear Athlete:

The success of your high school season is based on the amount of training logged during the preseason. Preseason training is designed to gradually build strength and endurance with small segments of speed worked into the training program. As a result of a strong and consistent training program, your body will be capable of handling higher aerobic and anaerobic demands on race day. Therefore, our vision is to train your body to handle tougher workouts which equals greater success or faster times during the FHSAA state series of the District, Region, and State Championships. Knights, how strong your season is depends on YOU and your preseason training. We must be in shape for the season to be a success.

In order to create this scenario, the following keys to your success are essential in your training.

**1. Consistency**

2. Partners / Group Runs
3. Speed / Hills
4. Road Races
5. Alternatives

Alternatives to running (biking, swimming, etc.) may be used to aid the recovery of legs from workouts. For example, instead of a 50 minute run, you could, swim or bike for the full amount of time or split it: swim 25 / bike 25 or run 25 / bike 25 or run 25 / swim 25

The runs listed on the calendar are set at three different levels. The top number is for new runners, while the middle number is for intermediate runners with the bottom number intended for advanced runners. Dates highlighted in yellow represent the team group runs which are every Wednesday and Saturday.



*CARPE DIEM*

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 2 Mile 4 Mile 6 Mile	28 2 Mile 4 Mile 6 Mile	29 2 Mile 4 Mile 6 Mile	30 2 Mile 4 Mile 6 Mile	31 2 Mile 4 Mile 6 Mile	



## CARPE DIEM


June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 4 Miles 6 Mile 8 Mile
2 REST	3 2 Mile 4 Mile 6 Mile	4 2 Mile 4 Mile 6 Mile	<b>5</b> 2 Mile 4 Mile 6 Mile	6 2 Mile 4 Mile 6 Mile	7 2 Mile 4 Mile 6 Mile	<b>8</b> 4 Mile 6 Mile 8 Mile
9 REST	10 2 Mile 4 Mile 6 Mile	11 2 Mile 4 Mile 6 Mile	<b>12</b> 2 Mile 4 Mile 6 Mile	13 2 Mile 4 Mile 6 Mile	14 2 Mile 4 Mile 6 Mile	<b>15</b> 4 Mile 6 Mile 8 Mile
16 REST	17 3 Mile 5 Mile 7 Mile	18 3 Mile 5 Mile 7 Mile	<b>19</b> 3 Mile 5 Mile 7 Mile	20 3 Mile 5 Mile 7 Mile	21 3 Mile 5 Mile 7 Mile	<b>22</b> 5 Mile 7 Mile 10 Mile
23 REST	24 3 Mile 5 Mile 7 Mile	25 3 Mile 5 Mile 7 Mile	<b>26</b> 3 Mile 5 Mile 7 Mile	27 3 Mile 5 Mile 7 Mile	28 3 Mile 5 Mile 7 Mile	<b>29</b> 5 Mile 7 Mile 10 Mile



## CARPE DIEM

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3 Mile 5 Mile 7 Mile	2 3 Mile 5 Mile 7 Mile	3 3 Mile 5 Mile 7 Mile	4 	5 3 Mile 5 Mile 7 Mile	6 5 Mile 7 Mile 10 Mile
7 REST	8 4 Mile 6 Mile 8 Mile	9 4 Mile 6 Mile 8 Mile	10 4 Mile 6 Mile 8 Mile	11 4 Mile 6 Mile 8 Mile	12 4 Mile 6 Mile 8 Mile	13 6 Mile 8 Mile 10 Mile
14 REST	15 4 Mile 6 Mile 8 Mile	16 4 Mile 6 Mile 8 Mile	17 4 Mile 6 Mile 8 Mile	18 4 Mile 6 Mile 8 Mile	19 4 Mile 6 Mile 8 Mile	20 6 Mile 8 Mile 10 Mile
21 REST	22 4 Mile 6 Mile 8 Mile	23 4 Mile 6 Mile 8 Mile	24 4 Mile 6 Mile 8 Mile	25 4 Mile 6 Mile 8 Mile	26 4 Mile 6 Mile 8 Mile	27 6 Mile 8 Mile 10 Mile
28 REST	29 4 Mile 6 Mile 8 Mile	30 4 Mile 6 Mile 8 Mile	31 4 Mile 6 Mile 8 Mile			



## *CARPE DIEM*

### Pre Season Group Run Dates / Locations:

Wednesday	May 29th	7 AM	Geneva Track	The Geneva School
Saturday	June 1st	7 AM	Big Econ Forest	Barr Street Oviedo
Wednesday	June 5th	7 AM	Central Winds Park	Winter Springs
Saturday	June 8th	7 AM	Econ Wilderness Area	Oviedo
Wednesday	June 12th	7 AM	Central Winds Park	Winter Springs
Saturday	June 15th	7 AM	Flagler Trail Head South	Snow Hill Road
Wednesday	June 19th	7 AM	Central Winds Park	Winter Springs
Saturday	June 22nd	7 AM	Wekiva State Park	Altamonte Springs
Wednesday	June 26th	7 AM	Central Winds Park	Winter Springs
Saturday	June 29th	7 AM	Geneva Track	The Geneva School
Wednesday	July 3rd	7 AM	Central Winds Park	Winter Springs
Thursday	July 4th	7:30 AM	<b>Watermelon 5K</b>	<b>Orlando</b>
Saturday	July 6th	7 AM	Flagler Trail Head South	Snow Hill Road
Wednesday	July 10th	7 AM	Central Winds Park	Winter Springs
Saturday	July 13th	7 AM	Big Econ Forest	Barr Street Oviedo
Wednesday	July 17th	7 AM	Central Winds Park	Winter Springs
Saturday	July 20th	7 AM	Econ Wilderness Area	Oviedo
Wednesday	July 24th	7 AM	Central Winds Park	Winter Springs
Saturday	July 27th	7 AM	Flagler Trail Head South	Snow Hill Road

Wednesday	July 31st	7 AM	Central Winds Park	Winter Springs
Saturday	July 29th	7 AM	Wekiva Springs State Park	Altamonte Springs

**Central Winds Park**

**1000 Central Winds Dr. Winter Springs, FL 32708**

**Econ Wilderness Area**

**3795 Old Lockwood Rd, Oviedo, FL 32765**

**Big Econ State Forest**

**951 Barr Street Little, Oviedo, FL 32765**

**Flagler Trailhead South**

**3290 Snow Hill Rd, Oviedo, FL**

**Wekiva Springs State Park**

**1800 Wekiwa Cir, Apopka, FL 32712**