Summer Workout

* Run 3 to 5 times a week even if only for a mile.  If you miss a day, don't try to double up or triple just to get the miles or this could result in injury.   Start with 3 times a week and work up to 5 times a week aiming for 2 or 3 miles at a time each time by the time school starts.
* You don't have to run super fast, but going too slow can cause injury.  Run at a pace that you can hold a simple conversation.  Anything slower becomes jogging and the form is not the same.  Once or twice a week try running faster to the point where it would be difficult to talk in a complete sentence. Once or twice a month challenge yourself.  Maybe enter a fun run or see how fast you can run a mile on the track.
* Stretch after you run.  Hydrate before and after you run!
* Start doing some resistance training. The goal is muscular endurance, strong bones, and strong muscles.  Twice a week or three times a week  do the following:
* 5 push ups, count 5 seconds, 5 more push ups adding 5 seconds to each count going up to 5 sets.  The goal will be to get where you can do 5 honest push ups with only 5 seconds between each set of 5.  If you are really good you do 5 and hold the push up position for 5 seconds in between each set.  It is an advanced workout.  When doing push ups knees always off the ground.  If you can't do a push up start with hands elevated.  Pretend you are pushing the ground away from you and go slow.
* As many pull ups or chin ups as you can. Rest 2 minutes and repeat once.  If you can't do a pull up or chin up, lean backwards while hanging onto something secure and pull your self forward.  An open door works good for this.
* 20 russian twists rest 2 minutes and repeat.
* 20 classic crunches rest 2 minutes and repeat
* Back Lunge (forward can stress the knee too much)  Do 1 on weak leg then 1 on strong leg.  2 on weak leg and 2 on strong.  All the way up to 5 and then back down again.  If that is too easy repeat as many times as you can in 7 minutes.
* 1 legged Romanian Deadlift without weight.  You will do the same as above.  If you don't know what this is there are many examples on the internet and in fitness magazines.
* This is a great start and we can really build on speed when the season begins.