



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 2025

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 2 Mile 4 Mile 6 Mile	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 4 Mile 6 Mile 8 Mile



CARPE DIEM


June 2025

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



CARPE DIEM

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 Mile 6 Mile 8 Mile	1 4 Mile 6 Mile 8 Mile	2 4 Mile 6 Mile 8 Mile	3 4 Mile 6 Mile 8 Mile	4 	5 6 Mile 8 Mile 10 Mile
6 REST	7 4 Mile 6 Mile 8 Mile	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 6 Mile 8 Mile 10 Mile
13 REST	14 4 Mile 6 Mile 8 Mile	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 6 Mile 8 Mile 10 Mile
20 REST	21 4 Mile 6 Mile 8 Mile	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 6 Mile 8 Mile 10 Mile
27 REST	28 4 Mile 6 Mile 8 Mile	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 28th	7 AM	Geneva Track	The Geneva School
Saturday	May 31st	7 AM	Big Econ Forest	Barr Street Oviedo
Wednesday	June 4th	7 AM	Central Winds Park	Winter Springs
Saturday	June 7th	7 AM	Lake Baldwin Park	Winter Park
Wednesday	June 11th	7 AM	Central Winds Park	Winter Springs
Saturday	June 14th	7 AM	Flagler Trail Head South	Snow Hill Road
Wednesday	June 18th	7 AM	Central Winds Park	Winter Springs
Saturday	June 21st	7 AM	Soldier Creek Park	Longwood
Wednesday	June 25th	7 AM	Central Winds Park	Winter Springs
Saturday	June 28th	7 AM	Geneva Track	The Geneva School
Wednesday	July 2nd	7 AM	Central Winds Park	Winter Springs
Friday	July 4th	7:30 AM	Watermelon 5K	Winter Park
Saturday	July 5th	7 AM	Lake Baldwin Park	Winter Park
Wednesday	July 9th	7 AM	Central Winds Park	Winter Springs
Saturday	July 12th	7 AM	Big Econ Forest	Barr Street Oviedo
Wednesday	July 16th	7 AM	Central Winds Park	Winter Springs
Saturday	July 19th	7 AM	Econ Wilderness Area	Oviedo
Wednesday	July 23rd	7 AM	Central Winds Park	Winter Springs
Saturday	July 26th	7 AM	Flagler Trail Head South	Snow Hill Road
Wednesday	July 30th	7 AM	Central Winds Park	Winter Springs

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

Econ Wilderness Area
3795 Old Lockwood Rd, Oviedo, FL 32765

Lake Baldwin Park
2000 S Lakemont Ave, Winter Park 32789

Little Big Econ State Forest
951 Barr Street, Oviedo, FL 32765

Flagler Trailhead South
3290 Snow Hill Rd, Oviedo, FL

Soldier Creek Park
2400 STATE ROAD 419 Longwood, FL 32750