



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. Threshold / Tempo Runs
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 often 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. Strides are for everyone. Dates highlighted in yellow represent the team group runs which are every Wednesday and Saturday.

TH = Threshold Run. Times vary based off of MHR and VO2 MAX

Tempo = Sustained TH for set Distance

Strides = 50 yards at mile race pace



CARPE DIEM

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 REST	4 30 Minute 4 Mile 5 Mile (6 Strides)	5 30 Minute 4 Mile 5 Mile (6 Strides)	6 30 Minute TH 3 x 1 Mile 1 Min Rest	7 30 Minute 4 Mile 5 Mile (6 Strides)	8 30 Minute 4 Mile 5 Mile (6 Strides)	9 45 Minute 6 Mile 7 Mile
10 REST	11 30 Minute 4 Mile 5 Mile (6 Strides)	12 30 Minute 4 Mile 5 Mile (6 Strides)	13 30 Minute TH 3 x 1 Mile 1 Min Rest	14 30 Minute 4 Mile 5 Mile (6 Strides)	15 30 Minute 4 Mile 5 Mile (6 Strides)	16 45 Minute 6 Mile 7 Mile
17 REST	18 30 Minute 4 Mile 5 Mile (6 Strides)	19 30 Minute 4 Mile 5 Mile (6 Strides)	20 30 Minute TH 3 x 1 Mile 1 Min Rest	21 30 Minute 4 Mile 5 Mile (6 Strides)	22 30 Minute 4 Mile 5 Mile (6 Strides)	23 45 Minute 6 Mile 7 Mile
24 REST	25 30 MIN 6 x 1000 M 1 Min Rest	26 30 Minute 5 Mile 6 Mile (6 Strides)	27 30 Minute TH 3 x 1 Mile 1 Min Rest	28 30 Minute 5 Mile 6 Mile (6 Strides)	29 30 Minute 5 Mile 6 Mile (6 Strides)	30 6 Mile 7 Mile 8 Mile



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June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 REST	1 30 MIN 6 x 1000 M 1 Min Res	2 30 Minute 5 Mile 6 Mile (6 Strides)	3 30 Minute TH 3 x 1 Mile 1 Min Rest	4 30 Minute 5 Mile 6 Mile (6 Strides)	5 30 Minute 5 Mile 6 Mile (6 Strides)	6 Medal Madness 5K Gemini Springs Park
7 REST	8 30 MIN 6 x 1000 M 1 Min Res	9 30 Minute 5 Mile 6 Mile (6 Strides)	10 30 Minute TH 3 x 1 Mile 1 MIN Rest	11 30 Minute 5 Mile 6 Mile (6 Strides)	12 30 Minute 5 Mile 6 Mile (6 Strides)	13 6 Mile 7 Mile 8 Mile
14 REST	15 30 MIN 6 x 1000 M 1 Min Res	16 30 Minute 5 Mile 6 Mile (6 Strides)	17 30 Minute TH 3 x 1 Mile 1 MIN Rest	18 30 Minute 5 Mile 6 Mile (6 Strides)	19 30 Minute 5 Mile 6 Mile (6 Strides)	20 6 Mile 7 Mile 8 Mile
21 REST	22 4 Miles 10 Min E + 3 M Tempo 10 Min E	23 4 Miles 6 Mile 7 Mile (6 Strides)	24 4 Miles 6 Strides 5 x 3 Min INT 2 Min E Rest	25 4 Miles 6 Mile 7 Mile (6 Strides)	26 4 Miles 6 Mile 7 Mile (6 Strides)	27 
28 REST	29 4 Miles 10 Min E + 3 M Tempo 10 Min E	30 4 Miles 6 Mile 7 Mile (6 Strides)				



CARPE DIEM

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4 Miles 6 Strides 5 x 3 Min INT 2 Min E Rest	2 4 Miles 6 Mile 7 Mile (6 Strides)	3 4 Miles 6 Mile 7 Mile (6 Strides)	4 
5 REST	6 4 Miles 10 Min E + 3 M Tempo 10 Min E	7 4 Miles 6 Mile 7 Mile (6 Strides)	8 4 Miles 6 Strides 5 x 3 Min INT 2 Min E Rest	9 4 Miles 6 Mile 7 Mile (6 Strides)	10 4 Miles 6 Mile 7 Mile (6 Strides)	11 7 Mile 8 Mile 9 Mile
12 REST	13 5 Miles 10 Min E + 3 M Tempo 10 Min E	14 5 Miles 6 Mile 7 Mile (6 Strides)	15 5 Miles 6 Strides 5 x 3 Min INT 2 Min E Rest	16 5 Miles 6 Mile 7 Mile (6 Strides)	17 5 Miles 6 Mile 7 Mile (6 Strides)	18 7 Mile 8 Mile 9 Mile
19 Brevard Camp	20 Brevard Camp	21 Brevard Camp	22 Brevard Camp	23 Brevard Camp	24 Brevard Camp	25 Brevard Camp
26 REST	27 5 Miles 10 Min E + 3 M Tempo 10 Min E	28 5 Miles 6 Mile 7 Mile (6 Strides)	29 5 Miles 6 Strides 5 x 3 Min INT 2 Min E Rest	30 5 Miles 6 Mile 7 Mile (6 Strides)	31 5 Miles 6 Mile 7 Mile (6 Strides)	

Pre Season Group Run Dates / Locations:

Wednesday	May 6th	7 AM	Geneva Track	The Geneva School
Saturday	May 9th	7 AM	Central Winds Park	Winter Springs
Wenesday	May 13th	7 AM	Geneva Track	The Geneva School
Saturday	May 16th	7 AM	Lake Baldwin Park	Winter Park
Wednesday	May 20th	7 AM	Geneva Track	The Geneva School
Saturday	May 23rd	7 AM	Flagler Trail Head South	Snow Hill Road
Wednesday	May 27th	7 AM	Geneva Track	The Geneva School
Saturday	May 30th	7 AM	Central Winds Park	Winter Springs
Wednesday	June 3r	7 AM	Geneva Track	The Geneva School
Saturday	June 6th	7 AM	Medal Madness 5K	Gemini Springs
Wednesday	June 10th	7 AM	Geneva Track	The Geneva School
Saturday	June 13th	7 AM	Flagler Trail Head South	Snow Hill Road
Wednesday	June 17th	7 AM	Geneva Track	The Geneva School
Saturday	June 20th	7 AM	Lake Baldwin Park	Winter Park
Wednesday	June 24th	7 AM	Geneva Track	The Geneva School
Saturday	June 27th	7 AM	Legacy Knight Run	The Geneva School
Wednesday	July 1st	7 AM	Geneva Track	The Geneva School
Saturday	July 4th	7 AM	Watermelon 5K	Winter Park
Wednesday	July 8th	7 AM	Geneva Track	The Geneva School
Saturday	July 11th	7 AM	Little Big Econ State Forest	Barr Street Oviedo
Wednesday	July 15th	7 AM	Geneva Track	The Geneva School
Saturday	July 18th	7 AM	Econ Wilderness Area	Oviedo
Wednesday	July 22nd	7 AM	Brevard Team Camp	Brevard NC
Saturday	July 25th	7 AM	Brevard Team Camp	Brevard NC
Wednesday	July 29th	7 AM	Geneva Track	The Geneva School

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