

Student Briefing Format for 30-Day Running Program Design

Participant Name: _____

Partner Name: _____

Current 2-Mile Run Time: _____

Target 2-Mile Run Time Goal: _____

Assessment Data Collected from Partner:

- Resting Heart Rate (RHR): _____
- Maximum Heart Rate (MHR = $220 - \text{age}$): _____
- Heart Rate Reserve (HRR = $\text{MHR} - \text{RHR}$): _____
- Calculated Training Zones:
 - Zone 1 (Recovery): _____ bpm
 - Zone 2 (Aerobic Base): _____ bpm
 - Zone 3 (Tempo): _____ bpm
 - Zone 4 (Threshold): _____ bpm
 - Zone 5 (Max Effort): _____ bpm

Partner's Weekly Availability (number of days per week they can run): _____

Any Injury Limitations or Special Considerations:

Initial Observations from Partner's Original Running Plan (based on Peer Review):

- Strengths:
- Areas for Improvement:

Training Residual Application for Endurance (NSCA):

- Target frequency of endurance runs per week (based on training residuals): _____
- Recovery days scheduled: _____

Preliminary Weekly Running Schedule Design (Sample Framework):

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

Key Design Notes (specific pacing, volume, progression logic):

Final Plan Justification:

- Explain how your design supports your partner's 2-mile performance improvement goal:
