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lay Friday	Saturday Sunday
6 Miles Total Fartlek	Miles Easy Optional Weekly Total = 25
6 Miles Total	Miles Easy Optional
Fartlek	Weekly Total = 25-30 Miles
6 Miles Total Fartlek	Miles Easy Optional Weekly Total = 30
not have any contact with you during	ese days!!!

Goal = 40 Miles per Week.....Total =350 Miles

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	uly					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 th Week of Summer July 6 th	AM = 3 Miles	6 Miles Total	AM = 3 Miles	6 Miles Total	2 Miles Fees	Ontional
July 6	AM = 3 Miles	6 Miles 1 otal	AM = 3 MHes	6 Miles Total	3 Miles Easy	Optional
7 Miles Total	PM = 3 Miles	15-20 Minutes of Hills	PM = 3 Miles	Repeats		Weekly Total = 30-35 Miles
4 Mile Tempo	Strides					
Sprints	Core Circuit		Core Circuit			
5 th Week of						
Summer	AM = 3 Miles	7 Miles Total	AM = 3 Miles	7 Miles Total	4 Miles Easy	Optional
8 Miles Total	PM = 3 Miles	15-20 Minutes of Hills	Strides	Fartlek		Weekly Total = 35
Hard effort at end of	Strides		Core			
run	Core Circuit		Circuit			
6 th Week of						
Summer	AM = 3 Miles	7 Miles Total	AM = 3 Miles	7 Miles Total	4 Miles Easy	Optional
8 Miles Total		20-25 Minutes of		Fartlek		Weekly Total = 35
	PM = 3 Miles	Hills	Strides			
Hard effort at end of	Strides		Core			
run	Core Circuit		Circuit			
7 th Week of Summer						
9 Miles Total	AM = 3 Miles	8 Miles Total	AM = 3 Miles	8 Miles Total	3 Miles Easy	Optional
/ mines i utai		20-25 Minutes of		Repeats		Weekly Total = 40
4 Mile Tempo	PM = 3 Miles	Hills	PM = 3 Miles	F		
Sprints	Strides		Core			
	Core Circuit		Circuit		_	
						RAMS

August

Goal = 40 Miles per Week.....Total =350 Miles

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM = 3 Miles	8 Miles Total	AM = 3 Miles	8 Miles Total	3 Miles Easy	Optional
PM = 3 Miles Strides Core Circuit	20-25 Minutes of Hills	PM = 3 Miles Core Circuit	Repeats		Weekly Total = 40 Miles
AM = 3 Miles PM = 3 Miles Strides Core Circuit	Start of Season August 12th 8 Miles Total 20-25 Minutes of Hills	AM = 3 Miles PM = 3 Miles Strides Core Circuit	3 Miles Total Strides	Mitchell's Run 8 Miles 3.1 Mile Race	Optional Weekly Total = 40 Miles
AM = 5 Miles Team Race Core Circuit PM = 3Miles	4 Miles Easy Strides	AM = 3 Miles PM = 3 Miles Strides Core Circuit	Portage Early Bird Race 8 Miles Total	4 Miles Easy	Optional Weekly Total = 40
C Camp at Crann-Hill F	anch				
	AM = 3 Miles PM = 3 Miles Strides Core Circuit AM = 3 Miles PM = 3 Miles Strides Core Circuit AM = 5 Miles Team Race Core Circuit PM = 3 Miles	AM = 3 Miles PM = 3 Miles Strides Core Circuit Start of Season August 12th 8 Miles Total 20-25 Minutes of Hills Start of Season August 12th 8 Miles Total 20-25 Minutes of Hills AM = 3 Miles Core Circuit AM = 5 Miles Team Race Core Circuit 4 Miles Easy Strides Core Circuit	AM = 3 Miles PM = 3 Miles Strides Core Circuit Start of Season August 12th AM = 3 Miles AM = 3 Miles AM = 3 Miles Start of Season August 12th AM = 3 Miles PM = 3 Miles Strides Core Circuit AM = 3 Miles Strides Core Circuit AM = 5 Miles Team Race Core Circuit AM = 5 Miles Team Race Core Circuit AM = 3 Miles Strides Core Circuit AM = 3 Miles Strides Core Circuit AM = 3 Miles Strides Core Circuit Circuit	AM = 3 Miles PM = 3 Miles Strides Core Circuit Start of Season August 12th AM = 3 Miles Strides Core Circuit AM = 3 Miles Start of Season August 12th AM = 3 Miles PM = 3 Miles Strides Core Circuit Strides Core Circuit AM = 3 Miles AM = 3 Miles Strides Strides Core Circuit AM = 3 Miles Strides Core Circuit AM = 3 Miles Strides Core Circuit PM = 3 Miles Strides Core Circuit AM = 3 Miles Strides Core Circuit PM = 3 Miles Portage Early Bird Race 8 Miles Total Strides Core Circuit Circuit	AM = 3 Miles PM = 3 Miles Strides Core Circuit Start of Season AM = 3 Miles AM = 3 Miles Core Circuit Start of Season August 12th AM = 3 Miles Strides Core Circuit Start of Season August 12th AM = 3 Miles Strides Core Circuit AM = 3 Miles Mitchell's Run Strides Strides Strides Core Circuit AM = 3 Miles Strides Strides AM = 3 Miles BMiles AM = 3 Miles AM = 3 Miles BMiles AM = 3 Miles AM = 3 Miles BMiles AM = 3 Miles BMiles AM = 3 Miles BMiles