June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Week of Summer June 15th **6 Miles Total** **Hard effort at end of run**	**3 Miles Easy** **Strides** **Core** **Circuit**	**6 Miles Total** **Hill Sprints**	**3 Miles Easy** **Strides** **Core** **Circuit**	**6 Miles Total** **Fartlek**	**3 Miles Easy**	**Optional** **Weekly Total = 25**
2nd Week of Summer **6 Miles Total** **Hard effort at end of run**	**4 Miles Easy** **Strides** **Core** **Circuit**	**6 Miles Total** **Hill Sprints**	**4 Miles Easy** **Strides** **Core** **Circuit**	**6 Miles Total** **Fartlek**	**3 Miles Easy**	**Optional** **Weekly Total = 25-30 Miles**
3rd Week of Summer **7 Miles Total** **Hard effort at end of run**	**4 Miles Easy** **Strides** **Core** **Circuit**	**6 Miles Total** **Hill Sprints**	**4 Miles Easy** **Strides** **Core** **Circuit**	**6 Miles Total** **Fartlek**	**3 Miles Easy**	**Optional** **Weekly Total = 30**

No Contact Week: Feel free to meet with teammates during this week but I will not have any contact with you during these days!!!

RAMS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4th Week of Summer July 6th 7 Miles Total 4 Mile Tempo Sprints	AM = 3 Miles PM = 3 Miles Strides Core Circuit	6 Miles Total 15-20 Minutes of Hills	AM = 3 Miles PM = 3 Miles Core Circuit	6 Miles Total Repeats	3 Miles Easy	Optional Weekly Total = 30-35 Miles
5th Week of Summer 8 Miles Total Hard effort at end of run	AM = 3 Miles PM = 3 Miles Strides Core Circuit	7 Miles Total 15-20 Minutes of Hills	AM = 3 Miles Strides Core Circuit	7 Miles Total Fartlek	4 Miles Easy	Optional Weekly Total = 35
6th Week of Summer 8 Miles Total Hard effort at end of run	AM = 3 Miles PM = 3 Miles Strides Core Circuit	7 Miles Total 20-25 Minutes of Hills	AM = 3 Miles Strides Core Circuit	7 Miles Total Fartlek	4 Miles Easy	Optional Weekly Total = 35
7th Week of Summer 9 Miles Total 4 Mile Tempo Sprints	AM = 3 Miles PM = 3 Miles Strides Core Circuit	8 Miles Total 20-25 Minutes of Hills	AM = 3 Miles PM = 3 Miles Core Circuit	8 Miles Total Repeats	3 Miles Easy	Optional Weekly Total = 40

RAMS

August

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*
8th Week of Summer August 3rd **9 Miles Total 4 Mile Tempo Sprints**	**AM = 3 Miles** **PM = 3 Miles Strides Core Circuit**	**8 Miles Total** **20-25 Minutes of Hills**	**AM = 3 Miles** **PM = 3 Miles Core Circuit**	**8 Miles Total** **Repeats**	**3 Miles Easy**	**Optional** **Weekly Total = 40 Miles**
9th Week of Summer **9 Miles Total 4 Mile Tempo Sprints**	**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**
10th Week of Summer **10 Miles Total** **4 Mile Tempo Sprints**	**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**

XC Camp at Crann-Hill Ranch

RAMS