

# June

Goal = 50 Miles per Week.....Total = 400 Miles

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>1<sup>st</sup> Week of Summer</b> <b>6 Miles Total</b> <b>Hard effort at end of run</b>	<b>3 Miles Easy</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>6 Miles Total</b> <b>Hill Sprints</b>	<b>3 Miles Easy</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>6 Miles Total</b> <b>Fartlek</b>	<b>3 Miles Easy</b>	<b>Optional</b> <b>Weekly Total = 25</b>
<b>2<sup>nd</sup> Week of Summer</b> <b>7 Miles Total</b> <b>Hard effort at end of run</b>	<b>4 Miles Easy</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>6 Miles Total</b> <b>Hill Sprints</b>	<b>4 Miles Easy</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>7 Miles Total</b> <b>Fartlek</b>	<b>3 Miles Easy</b>	<b>Optional</b> <b>Weekly Total = 30</b>
<b>3<sup>rd</sup> Week of Summer</b> <b>8 Miles Total</b> <b>2 Mile Tempo</b>	<b>4 Miles Easy</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>7 Miles Total</b> <b>Hill Sprints</b>	<b>5 Miles Easy</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>7 Miles Total</b> <b>Fartlek</b>	<b>4 Miles Easy</b>	<b>Optional</b> <b>Weekly Total = 35</b>

# RAMS

# July

Goal = 50 Miles per Week.....Total = 400 Miles

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>4<sup>th</sup> Week of Summer</b> <b>8 Miles Total</b> <b>3 Mile Tempo Sprints</b>	<b>4 Miles Easy</b> <b>Strides</b> <b>Core Circuit</b>	<b>7 Miles Total</b> <b>15-20 Minutes of Hills</b>	<b>5 Miles Easy</b> <b>Core Circuit</b>	<b>7 Miles Total</b> <b>Fartlek</b>	<b>5 Miles Easy</b>	<b>4 Miles Easy</b> <b>Weekly Total = 40</b>
<b>5<sup>th</sup> Week of Summer</b> <b>9 Miles Total</b> <b>4 Mile Tempo Sprints</b>	<b>AM = 3 Miles</b> <b>PM = 3 Miles</b> <b>Strides</b> <b>Core Circuit</b>	<b>8 Miles Total</b> <b>20-25 Minutes of Hills</b>	<b>AM = 3 Miles</b> <b>PM = 3 Miles</b> <b>Core Circuit</b>	<b>8 Miles Total</b> <b>Repeats</b>	<b>3 Miles Easy</b>	<b>Optional</b> <b>Weekly Total = 40</b>
<b>6<sup>th</sup> Week of Summer</b> <b>10 Miles Total</b> <b>4 Mile Tempo Sprints</b>	<b>AM = 4 Miles</b> <b>PM = 4 Miles</b> <b>Strides</b> <b>Core Circuit</b>	<b>8 Miles Total</b> <b>20-25 Minutes of Hills</b>	<b>AM = 4 Miles</b> <b>PM = 4 Miles</b> <b>Core Circuit</b>	<b>8 Miles Total</b> <b>Repeats</b>	<b>3 Miles Easy</b>	<b>Optional</b> <b>Weekly Total = 45</b>
<b>7<sup>th</sup> Week of Summer</b> <b>10 Miles Total</b> <b>4 Mile Tempo Sprints</b>	<b>AM = 4 Miles</b> <b>PM = 4 Miles</b> <b>Strides</b> <b>Core Circuit</b>	<b>8 Miles Total</b> <b>25-30 Minutes of Hills</b>	<b>AM = 4 Miles</b> <b>PM = 4 Miles</b> <b>Core Circuit</b>	<b>8 Miles Total</b> <b>Repeats</b>	<b>3 Miles Easy</b>	<b>Optional</b> <b>Weekly Total = 45</b>

RAMS

# August

Goal = 50 Miles per Week.....Total = 400 Miles

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>8<sup>th</sup> Week of Summer</b> <b>10 Miles Total</b> <b>4 Mile Tempo Sprints</b>	<b>AM = 4 Miles</b>  <b>PM = 4 Miles</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>Start of Season</b> <b>8 Miles Total</b> <b>25-30 Minutes of Hills</b>	<b>AM = 4 Miles</b>  <b>PM = 4 Miles</b> <b>Core</b> <b>Circuit</b>	<b>8 Miles Total</b>  <b>Repeats</b>	<b>4 Miles Easy</b>	<b>4 Miles Easy</b>  <b>Weekly Total = 50</b>
<b>9<sup>th</sup> Week of Summer</b> <b>10 Miles Total</b> <b>4 Mile Tempo Sprints</b>	<b>AM = 4 Miles</b>  <b>PM = 4 Miles</b> <b>Strides</b> <b>Core</b> <b>Circuit</b>	<b>8 Miles Total</b>  <b>25-30 Minutes of Hills</b>	<b>AM = 4 Miles</b>  <b>PM = 4 Miles</b> <b>Core</b> <b>Circuit</b>	<b>Portage Early Bird Race</b>  <b>4 Miles Total</b>	<b>4 Miles</b>	<b>4 Miles Easy</b>  <b>Weekly Total = 50</b>
<b>10<sup>th</sup> Week of Summer</b> <b>10 Miles Total</b> <b>4 Mile Tempo Sprints</b>	<b>AM = 6 Miles</b> <b>Team Race</b> <b>Core</b> <b>Circuit</b>  <b>PM = 4 Miles</b>	<b>6 Miles Easy</b>  <b>Strides</b>	<b>AM = 4 Miles</b>  <b>PM = 5 Miles</b> <b>Core</b> <b>Circuit</b>	<b>8 Miles Total</b>	<b>4 Miles Easy</b>	<b>2 Miles Easy</b>  <b>Weekly Total = 50</b>

**RAMS**