

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 REST	19 4 Mile Recovery Run	20 4 Mile RR	21 6 Mile Long Run + Core work	22 6x hills (100-200 meters) 2 Mile Warmup & Cooldown	23 5 Mile RR	24 5 Mile RR + Core work
25 4 Mile RR	26 2 Mile VO2 Max test (Lee Drive 7 PM)	27 5 Mile RR + Core Work	28 7 Mile LR	29 5 Mile RR + Core	30 6x hills (100-200 meters) 1 Mile Warmup, 4 mile RR afterwards	July 1 REST

JULY 2017

Sun	MON	Tues	Wed	Thurs	Fri	Sat
						1 REST
2 6 Mile RR + Core	3 4 Mile Tempo Run	4 6 Mile RR + Core	5 8 Mile LR	6 7x hills (100-200 meters) 1 Mile Warmup & 3 Mile Cooldown	7 7 Mile RR + Core	8 REST
9 5 Mile RR	10 3 x 1 Mile @ VO2 Max Pace	11 5 Mile RR + Core	12 7 Mile RR	13 9 Mile LR + Core	14 7x hills (100-200 meters) 1 Mile Warmup & 3 Mile Cooldown	15 5 Mile RR + Core
16 6 Mile RR	17 5 Mile Tempo	18 7 Mile RR + 6 x 80 meter Strides + Core	19 10 Mile LR	20 7x hills (100-200 meters) 1 Mile Warmup & 3 Mile Cooldown	21 8 Mile RR + 6 x 80 meter Strides + Core	22 6 Mile RR
23 REST	24 2 Mile VO2 Max Test @ LEE DRIVE	25 7 mile RR + Core	26 7 Mile LR	27 9 Mile LR	28 Telephone Pole Fartlek	29 7 Mile RR
30 REST	31 PRACTICE STARTS 7AM @ CLIFT FARM					