



August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 3 MILES	1 OFF	2 1 mi warm up 6 x 1:00 hard/easy 1 mi cool down	3 OFF	4 3 MILES	5 4 MILE GROUP RUN	6 OFF
7 3 MILES	8 OFF	9 1.5 mi warm up 6 x :30 hill repeats 1.5 mi cool down	10 OFF	11 3 MILES	12 5 MILE GROUP RUN	13 OFF
14 3 MILES	15 OFF	16 1 mi warm up 2 mi tempo 1 mi cool down	17 OFF	18 3 MILES	19 6 MILE GROUP RUN	20 OFF
21 3 MILES	22 OFF	23 2 mi warm up 8 x :45 hill repeats 1 mi cool down	24 OFF	25 3 MILES	26 7 MILE GROUP RUN	27 OFF
28 4 MILES	29 OFF	30 1 mi warm up 6 x 800m w/ 2:00 rest 1 mi cool down				




September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			OFF	1 4 MILES	2 8 MILE GROUP RUN	3 OFF
4 4 MILES	5 OFF	6 1 mi warm up 3 mile tempo 1 mi cool down	7 OFF	8 4 MILES	9 9 MILE GROUP RUN	10 OFF
11 5 MILES	12 OFF	13 1 mi warm up 8 x 2:00 hard/1:00 easy 1 mi cool down	14 OFF	15 4 MILES	16 10 MILE GROUP RUN	17 OFF
18 5 MILES	19 OFF	20 1 mi warm up 8 x 1:00 hill repeats 1 mi cool down	21 OFF	22 4 MILES	23 6 MILE GROUP RUN	24 OFF
25 5 MILES	26 OFF	27 1 mi warm up 4 x mile w/ 2:00 rest 1 mi cool down	28 OFF	29 4 MILES	30 11 MILE GROUP RUN	



October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 OFF
2 5 MILES	3 OFF	4 1 mi warm up 4 mi tempo 1 mi cool down	5 OFF	6 3 MILES	7 12 MILE GROUP RUN	8
9 3 MILES	10 OFF	11 1 mi warm up 8 x 3:00 hard/1:00 easy 1 mi cool down	12 OFF	13 3 MILES	14 6 MILE GROUP RUN	15
16 3 MILES	17 OFF	18 1.5 mi warm up 4 x 400 w/ 1:00 rest 1.5 mi cool down	19 OFF	20 OFF	21 2 MILES	22 
23	24	25	26	27	28	29
30	31					