



AUGUST 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|---|----------|------------------|------------------------|--------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 3 MILE RUN | 10 | 11 3 MILE RUN | 12 | 13 3 MILE RUN | 14 4 MILE GROUP RUN | 15 |
| 16 3 MILE RUN | 17 | 18 *6 x 1/4 MILE AT 5K PACE W/ 1:00 REST | 19 | 20 3 MILE RUN | 21 5 MILE GROUP RUN | 22 |
| 23 3 MILE RUN | 24 | 25 *6 x :30-:45 HILL SPRINTS W/ DOWNHILL RECOVERY | 26 | 27 3 MILE RUN | 28 6 MILE GROUP RUN | 29 |
| 30 3 MILE RUN | 31 | 1 | 2 | 3 | 4 | 5 |

*ALL WEDNESDAY WORKOUTS SHOULD BE STARTED WITH A 1 MILE WARM UP & COOLDOWN JOG



SEPTEMBER 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|--|----------|------------------|-------------------------|--------|
| 30 | 31 | 1 *15 MIN AT 10K RACE PACE | 2 | 3 3 MILE RUN | 4 7 MILE GROUP RUN | 5 |
| 6 5 MILE RUN | 7 | 8 *5 x 1/2 MILE AT 5K RACE PACE W/ 2:00 RECOVERY | 9 | 10 3 MILE RUN | 11 8 MILE GROUP RUN | 12 |
| 13 5 MILE RUN | 14 | 15 *6 X :45-:60 HILL REPEATS W/ DOWNHILL RECOVERY | 16 | 17 3 MILE RUN | 18 9 MILE GROUP RUN | 19 |
| 20 5 MILE RUN | 21 | 22 *20 MIN AT 10K RACE PACE | 23 | 24 3 MILE RUN | 25 10 MILE GROUP RUN | 26 |
| 27 5 MILE RUN | 28 | 29 *4 x 1 MILE AT 8K-10K RACE PACE W/ 2:30 RECOVERY | 30 | 1 | 2 | 3 |

*ALL WEDNESDAY WORKOUTS SHOULD BE STARTED WITH A 1 MILE WARM UP & COOLDOWN JOG



OCTOBER 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|--|----------|------------------|------------------------|------------------------------|
| 27 | 28 | 29 | 30 | 1 3 MILE RUN | 2 11 MILE GROUP RUN | 3 |
| 4 5 MILE RUN | 5 | 6 *6 X :45-:60 HILL REPEATS W/ DOWNHILL RECOVERY | 7 | 8 3 MILE RUN | 9 12 MILE GROUP RUN | 10 |
| 11 5 MILE RUN | 12 | 13 *4 x 1/2 MILE AT 5K RACE PACE W/ 2:00 RECOVERY | 14 | 15 3 MILE RUN | 16 6 MILE GROUP RUN | 17 |
| 18 3 MILE RUN | 19 | 20 4 MILE RUN W/ 4 x :30 FAST | 21 | 22 3 MILE RUN | 23 2 MILE RUN | 24 AthHalf Race Day |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

*ALL WEDNESDAY WORKOUTS SHOULD BE STARTED WITH A 1 MILE WARM UP & COOLDOWN JOG