



# July 2016

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



# August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 4 MILES	2 OFF	3 1 mi warm up 2 mi tempo 1 mi cool down	4 OFF	5 3 MILES	6 6 MILE GROUP RUN	7 OFF
8 5 MILES	9 OFF	10 2 mi warm up 8 x :45 hill repeats 1 mi cool down	11 OFF	12 4 MILES	13 7 MILE GROUP RUN	14 OFF
15 5 MILES	16 OFF	17 1 mi warm up 6 x 800m w/ 2:00 rest 1 mi cool down	18 OFF	19 4 MILES	20 8 MILE GROUP RUN	21 OFF
22 5 MILES	23 OFF	24 1 mi warm up 3 mi tempo 1 mi cool down	25 OFF	26 4 MILES	27 9 MILE GROUP RUN	28 OFF
29 5 MILES	30 OFF	31 1 mi warm up 8 x 2:00 hard/1:00 easy 1 mi cool down				



# September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 OFF	2 4 MILES	3 <b>10 MILE GROUP RUN</b>	4 OFF
5 4 MILES	6 OFF	7 1 mi warm up 8 x 1:00 hill repeats 1 mi cool down	8 OFF	9 3 MILES	10 <b>6 MILE GROUP RUN</b>	11 OFF
12 5 MILES	13 OFF	14 1 mi warm up 4 x mile w/ 2:00 rest 1 mi cool down	15 OFF	16 4 MILES	17 <b>12 MILE GROUP RUN</b>	18 OFF
19 5 MILES	20 OFF	21 1 mi warm up 4 mi tempo 1 mi cool down	22 OFF	23 3 MILES	24 <b>13.1 MILE GROUP RUN – VIRTUAL RACE DAY</b>	25 OFF
26 5 MILES	27 OFF	28 1 mi warm up 8 x 3:00 hard/1:00 easy 1 mi cool down	29 OFF	30 4 MILES		



# October 2016

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