



August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12 3 easy miles (Fleet Feet Group Run)	Rest	13 14 1 mile warmup; 6 x 1:00 hard/easy; 1 mile cooldown	15 Rest	16 3 easy miles	17 4 MILE GROUP RUN	18 Rest
19 3 easy miles (Fleet Feet Group Run)	Rest	20 21 1 mile warmup; 6 x :30 hill repeat; 1 mile cooldown	22 Rest	23 3 easy miles	24 <i>Group run moved to Sunday because of Milledge Mile Race</i>	25 5 MILE GROUP RUN
26 3 easy miles (Fleet Feet Group Run)	Rest	27 28 1 mile warmup; 2 mi tempo run; 1 mile cooldown	29 Rest	30 3 easy miles	31 6 MILE GROUP RUN	Rest



Saturday Group Runs

Each group run will start from Fleet Feet Athens at 7:00 am on Saturdays (unless noted). Register for the FREE runs at athhalf.com or fleetfeetathens.com

Route Maps

Route Maps for Saturday long runs will be emailed out weekly to registered runners.

Support

The team from Fleet Feet Athens will be out with water stops & support on each long run and available for you all your training questions and needs after the run and during business hours.