

AUGUST 2025

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

SEPTEMBER 2025

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

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
		*4 x 1/2 MILE AT 5K RACE PACE W/ 2:00 RECOVERY 1 mile warmup & cooldown		3 MILE RUN	6 MILE GROUP RUN	
6	7	8	9	10	11	12
3 MILE RUN		4 MILE RUN W/ 4 x :30 FAST 1 mile warmup & cooldown	2 MILE RUN		2 MILE RUN	ATHHALF RACE DAY
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		