

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 3 MILE EASY RUN	28 OFF	29 3 MILE EASY RUN	30 REST OR EASY 2 MILES	31 OFF	1 4 MILE GROUP RUN AT FLEET FEET	2 X-TRAIN OR OFF
3 3 MILE EASY RUN	4 OFF	5 1 mi warmup, 5 x :30 hill sprints, 1 mile cooldown	6 REST OR EASY 2 MILES	7 OFF	8 5 MILE GROUP RUN AT FLEET FEET	9 X-TRAIN OR OFF
10 3 MILE EASY RUN	11 OFF	12 1 mi warmup, 7 x :30 hill sprints, 1 mile cooldown	13 REST OR EASY 2 MILES	14 OFF	15 6 MILE GROUP RUN AT FLEET FEET	16 X-TRAIN OR OFF
17 3 MILE EASY RUN	18 OFF	19 1 mi warmup, 4 x 800m at 5k pace, 1 mile cooldown	20 REST OR EASY 2 MILES	21 OFF	22 7 MILE GROUP RUN AT FLEET FEET	23 X-TRAIN OR OFF
24 3 MILE EASY RUN	25 OFF	26 1 mi warmup, 6 x :45 hill sprints, 1 mile cooldown	27 REST OR EASY 2 MILES	28 OFF	29 8 MILE GROUP RUN AT FLEET FEET	30 X-TRAIN OR OFF
31 3 MILE EASY RUN						

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	OFF	1 mi warmup, 3 miles at half mar. goal pace, 1 mile cooldown	REST OR EASY 2 MILES	OFF	9 MILE GROUP RUN AT FLEET FEET	X-TRAIN OR OFF
7	8	9	10	11	12	13
5 MILE EASY RUN	OFF	1 mi warmup, 8 x :45 hill sprints, 1 mile cooldown	REST OR EASY 2 MILES	OFF	10 MILE GROUP RUN AT FLEET FEET	X-TRAIN OR OFF
14	15	16	17	18	19	20
5 MILE EASY RUN	OFF	1 mi warmup, 4 miles at half mar. goal pace, 1 mile cooldown	REST OR EASY 2 MILES	OFF	11 MILE GROUP RUN AT FLEET FEET	X-TRAIN OR OFF
21	22	23	24	25	26	27
5 MILE EASY RUN	OFF	1 mi warmup, 6 x 800m at 10k pace, 1 mile cooldown	REST OR EASY 2 MILES	OFF	12 MILE GROUP RUN AT FLEET FEET	X-TRAIN OR OFF
28	29	30				
5 MILE EASY RUN	OFF	1 mi warmup, 8 x :45 hill sprints, 1 mile cooldown				

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
			REST OR EASY 2 MILES	OFF	6 MILE GROUP RUN AT FLEET FEET	X-TRAIN OR OFF
5	6	7	8	9	10	11
3 MILE EASY RUN	OFF	1 mi warmup, 4 x 400m at 10k pace, 1 mile cooldown	OFF	REST OR EASY 2 MILES	OFF	ATHHALF RACE DAY
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1