



AUGUST 2022



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

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



SEPTEMBER 2022



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

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



OCTOBER 2022



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

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