



AUGUST 2023



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

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



SEPTEMBER 2023



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

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



OCTOBER 2023



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

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