



AUGUST 2024



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

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



SEPTEMBER 2024



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

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



OCTOBER 2024



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

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



NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
				3 MILE RUN	ATHHALF 5K & ATHHALF EXPO	ATHHALF RACE DAY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

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