# June

| WK | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 1 | Total Weekly Miles:<br>Beginning -- 10-15<br>Junior Varsity -- 15-20<br>Varsity -- 20-25<br>Elite -- 25-30 | **3**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **4**<br>Beginner 0-2,<br>Junior Varsity 0-3,<br>Varsity 0-4,<br>Elite 0-4 | **5**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **6**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **7**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **8**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 |
| 2 | **9**<br>Total Weekly Miles:<br>Beginning -- 10-15<br>Junior Varsity -- 15-20<br>Varsity -- 20-25<br>Elite -- 25-30 | **10**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **11**<br>Beginner 0-2,<br>Junior Varsity 0-3,<br>Varsity 0-4,<br>Elite 0-4 | **12**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **13**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **14**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **15**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 |
| 3 | **16**<br>Total Weekly Miles:<br>Beginning -- 10-15<br>Junior Varsity -- 15-20<br>Varsity -- 20-25<br>Elite -- 25-30 | **17**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **18**<br>Beginner 0-2,<br>Junior Varsity 0-3,<br>Varsity 0-4,<br>Elite 0-4 | **19**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **20**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **21**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **22**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 |
| 4 | **23**<br>Total Weekly Miles:<br>Beginning -- 12-17<br>Junior Varsity -- 17-22<br>Varsity -- 23-28<br>Elite -- 30-35 | **24**<br>Beginner 2-4,<br>Junior Varsity 3-5,<br>Varsity 4-6,<br>Elite 5-7 | **25**<br>Beginner 2,<br>Junior Varsity 2,<br>Varsity 3-4,<br>Elite 4-5 | **26**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 | **27**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4-5,<br>Elite 5-6 | **28**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **29**<br>Beginner 2-3,<br>Junior Varsity 3-5,<br>Varsity 4-5,<br>Elite 6-7 |
| 5 | **30**<br>Total Weekly Miles:<br>Beginning -- 12-17<br>Junior Varsity -- 17-22<br>Varsity -- 23-28<br>Elite -- 30-35 | | | | | | |

# July

| WK | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 5 | Total Weekly Miles:<br>Beginning -- 12-17<br>Junior Varsity -- 17-22<br>Varsity -- 23-28<br>Elite -- 30-35 | **1**<br>Beginner 2-4,<br>Junior Varsity 3-5,<br>Varsity 4-6,<br>Elite 5-7 | **2**<br>Beginner 2,<br>Junior Varsity 2,<br>Varsity 3-4,<br>Elite 4-5 | **3**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 | **4**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4-5,<br>Elite 5-6 | **5**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **6**<br>Beginner 2-3,<br>Junior Varsity 3-5,<br>Varsity 4-5,<br>Elite 6-7 |
| 6 | **7**<br>Total Weekly Miles:<br>Beginning -- 12-17<br>Junior Varsity -- 17-22<br>Varsity -- 23-28<br>Elite -- 30-35 | **8**<br>Beginner 2-4,<br>Junior Varsity 3-5,<br>Varsity 4-6,<br>Elite 5-7 | **9**<br>Beginner 2,<br>Junior Varsity 2,<br>Varsity 3-4,<br>Elite 4-5 | **10**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 | **11**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4-5,<br>Elite 5-6 | **12**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **13**<br>Beginner 2-3,<br>Junior Varsity 3-5,<br>Varsity 4-5,<br>Elite 6-7 |
| 7 | **14**<br>Total Weekly Miles:<br>Beginning -- 12-17<br>Junior Varsity -- 17-22<br>Varsity -- 23-28<br>Elite -- 30-35 | **15**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **16**<br>Beginner 0-2,<br>Junior Varsity 0-3,<br>Varsity 0-4,<br>Elite 0-4 | **17**<br>Beginner 2-3,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **18**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **19**<br>Beginner 2,<br>Junior Varsity 3,<br>Varsity 4,<br>Elite 5 | **20**<br>Beginner 2-3,<br>Junior Varsity 3-4,<br>Varsity 4,<br>Elite 5 |
| 8 | **21**<br>Total Weekly Miles:<br>Beginning -- 15-20<br>Junior Varsity -- 20-25<br>Varsity -- 27-32<br>Elite -- 35-40 | **22**<br>Beginner 3-4,<br>Junior Varsity 4-5,<br>Varsity 5-6,<br>Elite 6-7 | **23**<br>1 mile warm-up<br>6 to 8 x 200 uphill<br>w/2 min. jog rec.<br>1 mile cool-down | **24**<br>Beginner 2,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **25**<br>Beginner 2,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **26**<br>Beginner 2,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | **27**<br>1 mile warm-up<br>2-6 x 400 w/400 jog,<br>6-8 x 200 w/200 jog,<br>1 mile cool down |
| 9 | **28**<br>Total Weekly Miles:<br>Beginning -- 15-20<br>Junior Varsity -- 20-25<br>Varsity -- 27-32<br>Elite -- 35-40 | **29**<br>Beginner 3-4,<br>Junior Varsity 4-5,<br>Varsity 5-6,<br>Elite 6-7 | **30**<br>1 mile warm-up<br>8 to 10 x 200 uphill<br>w/2 min. jog rec.<br>1 mile cool-down | **31**<br>Beginner 2,<br>Junior Varsity 3-4,<br>Varsity 4-5,<br>Elite 5-6 | | | |

# August

| WK | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 9 | | | | | 1<br>Easy Run | 2<br>Easy Run | 3<br>2-4 x 200 w/200 jog rec. + 2 x 400 w/400 jog rec. + 2-4 x 200 w/200 jog rec. |
| 10 | 4<br>Long Run | 5<br>Easy Run | 6<br>12 to 14 x 200 Hills, 2 min. jog recovery. Working on Running Economy. | 7<br>Easy Run | 8<br>Easy Run | 9<br>Easy Run | 10<br>1 mile warm-up<br>2-6 x 400 w/400 jog,<br>6-8 x 200 w/200 jog,<br>1 mile cool down |
| 11 | 11<br>Long Run | 12<br>Easy Run | 13<br>14 to 16 x 200 Hills, 2 min. jog recovery. Working on Running Economy. | 14<br>**First Day of Practice** | 15<br>2-3 sets of 200 w/200 jog rec., 200 w/400 jog rec., 400 w/200 jog rec. | 16<br>Easy Run | 17<br>4 x 4 min hard w/3 min. easy |
| 12 | 18<br>Long Run | 19<br>Easy Run | 20<br>6 x 800 w/2min jog rec. Working on VO2 Max | 21<br>4 to 5 x 1 mile w/ 1 min. Rest at threshold pace | 22<br>Easy Run | 23<br>Easy Run | 24<br>**Time Trials TBA. Meet at 7:00 am.** |
| 13 | 25<br>Easy Run | 26<br>Easy Run | 27<br>14 to 16 x 200 Hills, 2 min. jog recovery. Working on Running Economy. | 28<br>Easy Run | 29<br>2-3 sets of 200 w/200 jog rec., 200 w/400 jog rec., 400 w/200 jog rec. | 30<br>Easy Run | 31<br>Easy Run |

# September

| WK | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 14 | 1<br>Long Run | 2<br>Easy Run | 3<br>6 x 800 w/2min jog rec. Working on VO2 Max | 4<br>4 to 5 x 1 mile w/ 1 min. Rest at threshold pace | 5<br>Easy Run | 6<br>Easy Run | 7 |
| 15 | 8<br>Long Run | 9<br>Easy Run | 10<br>Easy Run | 11<br>5 to 7 x 1000, 3 min. jog rec. Working on VO2 Max | 12<br>4 to 6 x 1 mile w/ 1 min. Rest at threshold pace | 13<br>Easy Run | 14<br>4 x 4 min hard w/3 min. easy |
| 16 | 15<br>Long Run | 16<br>6 to 8 x 800 w/2min jog rec. Working on VO2 Max | 17<br>Easy Run | 18<br>30 min. Tempo Run Working on Lactate Threshold | 19<br>Easy Run | 20<br>Easy Run | 21 |
| 17 | 22<br>Long Run | 23<br>Easy Run | 24<br>6 to 8 x 1000, 3 min. jog rec. Working on VO2 Max | 25<br>5 to 7 x 1 mile w/ 1 min. Rest at threshold pace | 26<br>Easy Run | 27<br>Easy Run | 28<br>4 x 4 min hard w/3 min. easy |
| 18 | 29<br>Long Run | 30<br>6 to 8 x 800 w/2min jog rec. Working on VO2 Max | | | | | |