June /July 2019

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **June 10**2-5 miles | 112-5 miles | 123-6 miles | 133-6 miles | 144-6 miles | 15Cross Train | 16Day off |
| 3 XsCoreWeights 10:00-11:00 | 1200m Easy curves, Hurdle Drills | AbsWeights 10:00-11:00 | 6x100 strides with core | **2 miles easy****1 mile tempo****1-3 miles easy**Glute Ladder |  | 14-28 mpw |
| 171-2 miles easy400-800-1200 | 183-5 miles  | 193-6 miles | 20 0-4 miles | 21Long Run5-7 miles | 223-4 miles | 23Day off |
| -800-4001 mile easyCoreWeights 10:00-11:00 | 1600m easy curves, fast straightsHurdle Drills | **10-15 min tempo in the middle of the run**AbsWeights 10:00-11:00 | Hip Drills | 6x100 strides with core | Finish with 4x200 quick½ mile easy | 18-31 mpw |
| 24Survival of the Fittest 5k (5-6m) | 252-5 miles | 263-5 miles | 27 (Bix@6)5-7 miles | 281-2 miles easy3-4 x 800 | 29Long Run 5-8 miles | 30Day off |
| ***Benchmark #1***CoreWeights 10:00-11:00 | 4-6 x 150 fastHurdle Drills | **2 miles tempo**AbsWeights 10:00-11:00 | 6x100 strides with core | 1 miles easyGlute Ladder |  | 24-36 mpw |
| **July 1**Riverdale Hills1-2 miles easy | 24-5 miles easy | 34-6miles | 4 (Bix@6)***Firecracker 5k***5-7 miles | 52 miles easy3-4x1000 @ Crow Creek | 6Long Run5-9 miles | 7 Day Off |
| 2x3x4001 mile easy & coreWeights 10:00-11:00 | 4x200Hurdle Drills | **2 x 10 minutes tempo**AbsWeights 10:00-11:00 | Or 4-5 miles Run | 1 mile easyHip Drills | 6 x 100 strides | 28-39 mpw |
| 82 miles easy1-2x8x200 Relays | 94-6 miles | 105-7 mile run  | 11 (Bix@6)4-6 milesAbs | 12Long Run6-9 miles  | 134-6 miles | 140-3 miles |
| 1-2 miles easyCoreWeights 10:00-11:00 |  6x100 stridesHurdle Drills | 6 x 100 Strides with coreWeights 10:00-11:00 | 2x2002x1502x100  | With 3 @ tempoStrides with core |  | *27-42 mpw* |

July/August 2019

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 15Mile Relays (5-7 m)***Benchmark #2*** | 163-5 miles5x300 | 175-7 mi | 18 (Bix@6)4-7 miles | 194-7 miles | 20Long Run6-10 miles | 210-3 miles |
| CoreWeights 10:00-11:00 | 1 mile easyHurdle Drills | **20-25 min** **tempo****Abs**Weights 10:00-11:00 | 6 x 100 Strides with coreWeights 9-10 | 2x2002x1502x100 Glute Ladder | 6 x 100 strides | 28-39 mpw |
| 224-6 miles Core | 235-7 miles | 24 5-7 miAbs | 254-7 miles | 262 mile easy | **27** ***Bix 7 mile Race*** | 28Day Off |
| 1 x 1200 easy curves, fast straights Weights 10:00-11:00 | 4 x 150 quickHurdle Drills | **4 miles tempo****cut down** Weights 10:00-11:00 | 6x100 strides with core | 1x2000, 1x1600, 1x10001-2 miles easyHip Drills |  | 30-44 mpw |
| 295-8 miles | 30Riverdale Hill2 miles easy | 315-7 miles | **August 1**4-7 miles | 23-5 miles easy | 3Long Run6-10 miles | 40-5 miles |
| 3 XsCoreWeights 10:00-11:00 | 4x400 & 4x2001-2 miles easyHurdles | AbsWeights 10:00-11:00 | 6x150 quick with core½ mile easy | Strides, Glute Ladder |  | 30-45 mpw |
| 55-8 miles | 62 miles easy2x5x400 | 75-8 miles | 84-7 miles  | 91 Hour Run@ Crow Creek  | 103-6 miles | 11Day off |
| 3 XsCore | 1-2 miles easyHurdles | Strides with core | Abs | ***Benchmark #3***Hip Drills |  | 28-46 mpw227-330 miles |
| **12** | 13 | 14 | 15 | 16 | 17***1 mile Time Trial*** | 18 |
| **First day of Practice** |  |  |  |  |  |  |