June /July 2019

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **June 10**  2-5 miles | 11  2-5 miles | 12  3-6 miles | 13  3-6 miles | 14  4-6 miles | 15  Cross Train | 16  Day off |
| 3 Xs  Core  Weights 10:00-11:00 | 1200m Easy curves, Hurdle Drills | Abs  Weights 10:00-11:00 | 6x100 strides with core | **2 miles easy**  **1 mile tempo**  **1-3 miles easy**  Glute Ladder |  | 14-28 mpw |
| 17  1-2 miles easy  400-800-1200 | 18  3-5 miles | 19  3-6 miles | 20  0-4 miles | 21  Long Run  5-7 miles | 22  3-4 miles | 23  Day off |
| -800-400  1 mile easy  Core  Weights 10:00-11:00 | 1600m easy curves, fast straights  Hurdle Drills | **10-15 min tempo in the middle of the run**  Abs  Weights 10:00-11:00 | Hip Drills | 6x100 strides with core | Finish with 4x200 quick  ½ mile easy | 18-31 mpw |
| 24  Survival of the Fittest 5k (5-6m) | 25  2-5 miles | 26  3-5 miles | 27 (Bix@6)  5-7 miles | 28  1-2 miles easy  3-4 x 800 | 29  Long Run  5-8 miles | 30  Day off |
| ***Benchmark #1***  Core  Weights 10:00-11:00 | 4-6 x 150 fast  Hurdle Drills | **2 miles tempo**  Abs  Weights 10:00-11:00 | 6x100 strides with core | 1 miles easy  Glute Ladder |  | 24-36 mpw |
| **July 1**  Riverdale Hills  1-2 miles easy | 2  4-5 miles easy | 3  4-6miles | 4 (Bix@6)  ***Firecracker 5k***  5-7 miles | 5  2 miles easy  3-4x1000 @ Crow Creek | 6  Long Run  5-9 miles | 7  Day Off |
| 2x3x400  1 mile easy & core  Weights 10:00-11:00 | 4x200  Hurdle Drills | **2 x 10 minutes tempo**  Abs  Weights 10:00-11:00 | Or 4-5 miles Run | 1 mile easy  Hip Drills | 6 x 100 strides | 28-39 mpw |
| 8  2 miles easy  1-2x8x200 Relays | 9  4-6 miles | 10  5-7 mile run | 11 (Bix@6)  4-6 miles  Abs | 12  Long Run  6-9 miles | 13  4-6 miles | 14  0-3 miles |
| 1-2 miles easy  Core  Weights 10:00-11:00 | 6x100 strides  Hurdle Drills | 6 x 100 Strides with core  Weights 10:00-11:00 | 2x200  2x150  2x100 | With 3 @ tempo  Strides with core |  | *27-42 mpw* |

July/August 2019

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 15  Mile Relays (5-7 m)  ***Benchmark #2*** | 16  3-5 miles  5x300 | 17  5-7 mi | 18 (Bix@6)  4-7 miles | 19  4-7 miles | 20  Long Run  6-10 miles | 21  0-3 miles |
| Core  Weights 10:00-11:00 | 1 mile easy  Hurdle Drills | **20-25 min** **tempo**  **Abs**  Weights 10:00-11:00 | 6 x 100 Strides with core  Weights 9-10 | 2x200  2x150  2x100 Glute Ladder | 6 x 100 strides | 28-39 mpw |
| 22  4-6 miles  Core | 23  5-7 miles | 24  5-7 mi  Abs | 25  4-7 miles | 26  2 mile easy | **27**  ***Bix 7 mile Race*** | 28  Day Off |
| 1 x 1200 easy curves, fast straights  Weights 10:00-11:00 | 4 x 150 quick  Hurdle Drills | **4 miles tempo**  **cut down**  Weights 10:00-11:00 | 6x100 strides with core | 1x2000, 1x1600, 1x1000  1-2 miles easy  Hip Drills |  | 30-44 mpw |
| 29  5-8 miles | 30  Riverdale Hill  2 miles easy | 31  5-7 miles | **August 1**  4-7 miles | 2  3-5 miles easy | 3  Long Run  6-10 miles | 4  0-5 miles |
| 3 Xs  Core  Weights 10:00-11:00 | 4x400 & 4x200  1-2 miles easy  Hurdles | Abs  Weights 10:00-11:00 | 6x150 quick with core  ½ mile easy | Strides, Glute Ladder |  | 30-45 mpw |
| 5  5-8 miles | 6  2 miles easy  2x5x400 | 7  5-8 miles | 8  4-7 miles | 9  1 Hour Run  @ Crow Creek | 10  3-6 miles | 11  Day off |
| 3 Xs  Core | 1-2 miles easy  Hurdles | Strides with core | Abs | ***Benchmark #3***  Hip Drills |  | 28-46 mpw  227-330 miles |
| **12** | 13 | 14 | 15 | 16 | 17  ***1 mile Time Trial*** | 18 |
| **First day of Practice** |  |  |  |  |  |  |