June /July 2018

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **June 4**2-5 miles | 52-5 miles | 63-6 miles | 73-6 miles | 8 4-6 miles | 9Cross Train | 10Day off |
| 3 XsCoreWeights 10:30-11:30 | 1200m Easy curves, Hurdle Drills | AbsWeights 10:30-11:30 | 6x100 strides with core | **2 miles easy****1 mile tempo****1-3 miles easy**Glute Ladder |  | 14-28 mpw |
| 111-2 miles easy400-800-1200 | 123-5 miles  | 133-6 miles | 14 0-4 miles | 15Long Run5-7 miles | 163-4 miles | 17Day off |
| -800-4001 mile easyCoreWeights 10:30-11:30 | 1600m easy curves, fast straightsHurdle Drills | **10-15 min tempo in the middle of the run**AbsWeights 10:30-11:30 | Hip Drills | 6x100 strides with core | Finish with 4x200 quick½ mile easy | 18-31 mpw |
| 18Survival of the Fittest 5k (5-6m) | 192-5 miles | 203-5 miles | 21 (Bix@6)5-7 miles | 221-2 miles easy3-4 x 800 | 23Long Run 5-8 miles | 24Day off |
| ***Benchmark #1***CoreWeights 10:30-11:30 | 4-6 x 150 fastHurdle Drills | **2 miles tempo**AbsWeights 10:30-11:30 | 6x100 strides with core | 1 miles easyGlute Ladder |  | 24-36 mpw |
| 25Riverdale Hills1-2 miles easy | 264-5 miles easy | 274-6miles | 28 (Bix@6)5-7 miles | 292 miles easy3-4x1000 @ Crow Creek | 30Long Run5-9 miles | **July 1**Day Off |
| 2x3x4001 mile easy & coreWeights 10:30-11:30 | 4x200Hurdle Drills | **2 x 10 minutes tempo**AbsWeights 10:30-11:30 | 6 x 100 Strides with core | 1 mile easyHip Drills | 6 x 100 strides | 28-39 mpw |
| 22 miles easy1-2x8x200 Relays | 34-6 miles | 4***Firecracker 5k*** | 5 (Bix@6)4-6 milesAbs | 6Long Run6-9 miles  | 74-6 miles | 80-3 miles |
| 1-2 miles easyCoreWeights 10:30-11:30 |  6x100 stridesHurdle Drills | East Moline, ILor5-7 mile run w/strides | 2x2002x1502x100  | With 3 @ tempoStrides with core |  | *27-42 mpw* |

July/August 2018

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9Mile Relays (5-7 m)***Benchmark #2*** | 103-5 miles5x300 | 11 5-7 mi | 12 (Bix@6)4-7 miles | 134-7 miles | 14Long Run6-10 miles | 150-3 miles |
| CoreWeights 10:30-11:30 | 1 mile easyHurdle Drills | **20-25 min** **tempo****Abs**Weights 10:30-11:30 | 6 x 100 Strides with coreWeights 9-10 | 2x2002x1502x100 Glute Ladder | 6 x 100 stridesor***Moonlight Chase 4 Mile*** | 28-39 mpw |
| 164-6 miles Core | 175-7 miles | 18 5-7 miAbs | 194-7 miles | 202 mile easy | 21 Long Run6-10 miles | 22Day Off |
| 1 x 1200 easy curves, fast straights Weights 10:30-11:30 | 4 x 150 quickHurdle Drills | **4 miles tempo****cut down** Weights 10:30-11:30 | 6x100 strides with core | 1x2000, 1x1600, 1x10001-2 miles easyHip Drills |  | 30-44 mpw |
| 235-8 miles | 24Riverdale Hill2 miles easy | 255-7 miles | 264-7 miles | 273-5 miles easy | 28 ***Bix 7 mile Race*** | 290-5 miles |
| 3 XsCoreWeights 10:30-11:30 | 4x400 & 4x2001-2 miles easyHurdles | AbsWeights 10:30-11:30 | 6x150 quick with core½ mile easy | Strides, Glute Ladder | **Sign up for the high school challenge** | 30-45 mpw |
| 305-8 miles | 312 miles easy2x5x400 | **August 1**5-8 miles | 24-7 miles  | 31 Hour Run@ Crow Creek  | 43-6 miles | 5Day off |
| 3 XsCore | 1-2 miles easyHurdles | Strides with core | Abs | ***Benchmark #3***Hip Drills |  | 28-46 mpw227-330 miles |
| **6** | 7 | 8 | 9 | 10 | 11***1 mile Time Trial*** | 12 |
| **First day of Practice** |  |  |  |  |  |  |