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|---|---|---|--|--|--|--------------------------------------|--------|------------------------------|
|   |   |   |  |  |  |                                      |        |                              |
|   |   |   |  |  |  |                                      |        |                              |
| June  |   |   |  |  |  |                                      |        |                              |
| R- Returners<br>B- Beginners (All FR, New SO/JR, or girls with lower mileage) |   | *Go to Training Info Tab to learn about Fartlek, Tempo, etc |  |  |  |                                      |        |                              |
| Week 1<br>June 9-15   | 9   | 10  | 11   | 12   | 13                                     | 14                                   | 15     |                              |
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                 | Saturday                             | Sunday | Notes:                       |
|   | No Practice   | R- 3 miles<br>B- 2 miles<br>Strength Training               | R- 3 miles<br>B- 2 miles   | R- 3 miles<br>B- 2 miles<br>Strength Training                        | OFF                                    | R- 4 miles<br>B- 3 miles             | OFF    | Total R-13m<br>Total B-9m    |
| Week 2<br>June 16-22  | 16  | 17  | 18   | 19   | 20                                     | 21                                   | 22     |                              |
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                 | Saturday                             | Sunday | Notes:                       |
|   | R- 4 miles<br>B- 3 miles  | R- 3 miles<br>B- 2 miles<br>Strength Training               | R- 4 miles<br>B-2 miles  | R- 3 miles<br>B- 2 miles<br>Strength Training                        | Cross Train-<br>30 min Bike or<br>Swim | Long Run<br>R- 5 miles<br>B- 4 miles | OFF    | Total R-19m<br>Total B-13m   |
| Week 3<br>June 23-29  | 23  | 24  | 25   | 26   | 27                                     | 28                                   | 29     |                              |
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                 | Saturday                             | Sunday | Notes:                       |
|   | R- 5 miles w/ 8<br>min of tempo<br>B- 3 miles w/ 6<br>min of tempo                          | R- 4 miles<br>B- 3 miles<br>4 strides<br>Strength Training  | R- 4 miles<br>B- 3 miles   | R- 5 miles w/ 15<br>of Fartlek<br>B- 3 miles w/ 10<br>min of Fartlek | Cross Train-<br>30 min Bike or<br>Swim | Long Run<br>R- 6 miles<br>B- 5 miles | OFF    | Total R- 24m<br>Total B- 17m |
| Week 4<br>June 30- July 6<br>Recovery Week                                    | 30  | 1   | 2  | 3  | 4                                      | 5                                    | 6      |                              |
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                 | Saturday                             | Sunday |                              |
|   | R- 4 miles w/ 8<br>min of tempo<br>B- 3 miles w/ 6<br>min of tempo                          | R- 4 miles<br>B- 2 miles<br>4 strides<br>Strength Training  | R- 4 miles w/ 15<br>of Fartlek<br>B- 3 miles w/ 12<br>min of Fartlek                             | R- 4 miles<br>B- 2 miles<br>4 strides<br>Strength Training           | Cross Train-<br>30 min Bike or<br>Swim | Long Run<br>R- 5 miles<br>B- 4 miles | OFF    | Total R- 21m<br>Total B- 14m |
|   |   |   |  |  |  |                                      |        |                              |
| July  |   |   |  |  |  |                                      |        |                              |
| Week 5<br>July 7-13   | 7   | 8   | 9  | 10   | 11                                     | 12                                   | 13     |                              |
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                 | Saturday                             | Sunday |                              |
|   | 7:30 practice at FBA<br>R- 5 miles w/ 10<br>min of tempo<br>B- 4 miles w/ 6<br>min of tempo | R- 5 miles<br>B- 3 miles<br>2 strides<br>Strength Training  | 7:30 practice at FBA<br>R- 5 miles w/ 20 min<br>of Fartlek<br>B- 4 miles w/ 12 min<br>of Fartlek | R- 5 miles<br>B- 3 miles<br>2 strides<br>Strength Training           | R- 3 miles<br>B- 2 miles               | Long Run<br>R- 7 miles<br>B- 5 miles | OFF    | Total R- 30m<br>Total B- 21m |
| Week 6<br>July 14-20  | 14  | 15  | 16   | 17   | 18                                     | 19                                   | 20     |                              |
|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday                                 | Saturday                             | Sunday | Notes:                       |
|   | 7:30 Practice at FBA<br>R- 5 miles w/ 10<br>min of tempo<br>B- 4 miles w/ 6<br>min of tempo | R- 5 miles<br>B- 4 miles<br>Strength Training               | 7:30 Practice at FBA<br>R- 5 miles w/ 15<br>of Fartlek<br>B- 4 miles w/ 12<br>min of Fartlek     | R- 5 miles<br>B- 3 miles<br>Strength Training                        | R- 5 miles<br>B- 3 miles               | Long Run<br>R- 8 miles<br>B- 5 miles | OFF    | Total R- 33m<br>Total B- 23m |

|   |   |   |  |   |                          |                                      |        |                              |
|---|---|---|--|---|--------------------------|--------------------------------------|--------|------------------------------|
| <b>Week 7</b><br><b>July 21-27</b>                                | 21  | 22  | 23   | 24  | 25                       | 26                                   | 27     |                              |
|   | Monday  | Tuesday                                       | Wednesday  | Thursday                                      | Friday                   | Saturday                             | Sunday | Notes:                       |
|   | 7:30 Practice at FBA<br>R- 5 miles w/ 10<br>min of tempo<br>B- 4 miles w/ 6<br>min of tempo | R- 5 miles<br>B- 4 miles<br>Strength Training | 7:30 Practice at FBA<br>R- 5 miles w/ 15<br>of Fartlek<br>B- 4 miles w/ 12<br>min of Fartlek | R- 5 miles<br>B- 4 miles<br>Strength Training | R- 5 miles<br>B- 3 miles | Long Run<br>R-9 miles<br>B- 6 miles  | OFF    | Total R- 34m<br>Total B- 25m |
|   |   |   |  |   |                          |                                      |        |                              |
| <b>August</b>   |   |   |  |   |                          |                                      |        |                              |
| <b>Week 8</b><br><b>July 28- August 3</b><br><b>Recovery Week</b> | 28  | 29  | 30   | 31  | 1                        | 2                                    | 3      |                              |
| <b>Official Practice Start</b>                                    | Monday  | Tuesday                                       | Wednesday  | Thursday                                      | Friday                   | Saturday                             | Sunday | Notes:                       |
|   | R- 5 miles w/ 10<br>min of tempo<br>B- 4 miles w/ 6<br>min of tempo                         | R- 5 miles<br>B- 4 miles<br>Strength Training | R- 5 miles w/ 15<br>of Fartlek<br>B- 4 miles w/ 12<br>min of Fartlek                         | R- 4 miles<br>B- 3 miles<br>Strength Training | R- 4 miles<br>B- 3 miles | Long Run<br>R- 7 miles<br>B- 5 miles | OFF    | Total R- 30m<br>Total B- 23m |
| <b>FIRST WEEK OF SCHOOL — SCHOOL BEGINS TUESDAY AUGUST 6TH</b>    |   |   |  |   |                          |                                      |        |                              |
| <b>Week 8</b><br><b>August 4-10</b>                               | 4   | 5   | 6  | 7   | 8                        | 9                                    | 10     | Notes:                       |