						ı	1	
June								
		1			ı			
R- Returners								
- Beginners (All FR, New SO/JR, or		*O- 4- To-inio o Info Tol	- 4- I I4 F4I-I- T	-4-				
irls with lower mileage) Week 1		*Go to Training Info Tal	to learn about Fartlek, Tempo,	etc				
June 9-15	9	10	11	12	13	14	15	
Cano O 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes:
			,					
		R- 3 miles		R- 3 miles				
		B- 2 miles	R- 3 miles	B- 2 miles		R- 4 miles		Total R-13m
	No Practice	Strength Training	B- 2 miles	Strength Training	OFF	B- 3 miles	OFF	Total B-9m
Week 2								
June 16-22	16	17	18	19	20	21	22	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes:
		R- 3 miles		R- 3 miles	Cross Train-	Long Run		
	R- 4 miles	B- 2 miles	R- 4 miles	B- 2 miles	30 min Bike or	R- 5 miles	1	Total R-19m
	B- 3 miles	Strength Training	B-2 miles	Strength Training	Swim	B- 4 miles	OFF	Total B-13m
							1	
Week 3								
June 23-29	23	24	25	26	27	28	29	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes:
	R- 5 miles w/ 8	R- 4 miles		R- 5 miles w/ 15				
	min of tempo	B- 3 miles		of Fartlek	Cross Train-	Long Run		
	B- 3 miles w/ 6	4 strides	R- 4 miles	B- 3 miles w/ 10	30 min Bike or	R- 6 miles		Total R- 24m
	min of tempo	Strength Training	B- 3 miles	min of Fartlek	Swim	B- 5 miles	OFF	Total B- 17m
Week 4								
June 30- July 6								
Recovery Week	30	1	2	3	4	5	6	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	R- 4 miles w/ 8	R- 4 miles	R- 4 miles w/ 15	R- 4 miles				
	min of tempo	B- 2 miles	of Fartlek	B- 2 miles	Cross Train-	Long Run		
	B- 3 miles w/ 6	4 strides	B- 3 miles w/ 12	4 strides	30 min Bike or			Total R- 21m
	min of tempo	Strength Training	min of Fartlek	Strength Training	Swim	B- 4 miles	OFF	Total B- 14m
July								
Week 5								
July 7-13	7	8	9	10	11	12	13	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	7:30 practice at FBA		7:30 practice at FBA					
	R- 5 miles w/ 10	R- 5 miles	R- 5 miles w/ 20 min	R- 5 miles				
	min of tempo	B- 3 miles	of Fartlek	B- 3 miles	D 0 "	Long Run	1	T / I B 00
	B- 4 miles w/ 6	2 strides	B- 4 miles w/ 12 min	2 strides	R- 3 miles	R- 7 miles	OFF	Total R- 30m
	min of tempo	Strength Training	of Fartlek	Strength Training	B- 2 miles	B- 5 miles	OFF	Total B- 21m
Week 6							1	
July 14-20	14	15	16	17	18	19	20	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes:
	7:30 Practice at FBA		7:30 Practice at FBA					
	R- 5 miles w/ 10		R- 5 miles w/ 15					
	min of tempo	R- 5 miles	of Fartlek	R- 5 miles		Long Run		
	B- 4 miles w/ 6	B- 4 miles	B- 4 miles w/ 12	B- 3 miles	R- 5 miles	R- 8 miles		Total R- 33m
	min of tempo	Strength Training	min of Fartlek	Strength Training	B- 3 miles	B- 5 miles	OFF	Total B- 23m
				]				

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