

## July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 20 min
2 22 min	3	4 24 min	5 25 min or Lynn Woods 6:30 pm	6 25 min with hills	7	8 26 min hard
9 20-25 min steady	10	11 27 min hilly	12 28 min or Lynn Woods 6:30 pm	13	14 29 min 8 stride-outs at end	15 30 min hilly
16	17 31 min hard	18 25-30 easy 8 stride-outs	19 32 min or Lynn Woods 6:30 pm	20	21 30 min hilly	22 33 min 8 stride-outs
23	24 10 min warm-up 4x800 meters 10 min warm down	25 30 min easy	26 35 min or Lynn Woods 6:30 pm	27	28 30-35 min hilly	29 36 min 8 stride-outs
30	31 30-35 min					

## August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 37 min	2 38 min hard or Lynn Woods 6:30 pm	3	4 39 min hilly	5 10 min warm-up 5x 800 meters 10 min warm down
6	7 41 min run	8 35 easy 8 stride-outs	9 42 min hard Or Lynn Woods 6:30 pm	10	11 10 min warm-up 5x 1000 (4 – 5 min interval) 10 min warm down	12 30-35 min easy
13	14 43 hilly	15 35-40 min	16 45 min hard Or Lynn Woods 6:30 pm	17	18 40 min 8 stride-outs	19 46 min
20	21 15 min warm-p 6 x 800 15 min warm down	22 35-40 min recovery	23 48 min hard Or Lynn Woods 6:30 pm	24	25 49 min hilly	26 40-45 min medium pace
27 50 min	28 1 <sup>st</sup> day of practice	29	30	31		

This doesn't have to be copied exactly, but make sure we are getting the long runs and the hard runs in if you end up missing days. Work on your weaknesses i.e. stretching, hill, core, etc. The newcomers should start at a lesser level. Their 1<sup>st</sup> run should be 10-12 min and then increase steadily from there.

### **NO WALKING DURING RUNS!!!!**

We can have up to 7 people for each Lynn Woods Race. The only one that should be an issue is July 5<sup>th</sup>. After that there should be a ride each week. There are 30 people signed up Captains, you should each have 6 or 7 that you are responsible for to show up over the summer