# JULY 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | **1**<br>20 min | **2**<br>22 min | **3**<br>25 min or Lynn Woods 6:30 PM | **4** | **5**<br>25 min with hills | **6**<br>26 min hard |
| **7** | **8**<br>20-25 min steady | **9**<br>27 min hilly | **10**<br>28 min or Lynn Woods 6:30 PM | **11** | **12**<br>29 min w/ 8 stride-outs | **13**<br>30 min hilly |
| **14** | **15**<br>31 min hard | **16**<br>25-30 easy w/ 8 stride-outs | **17**<br>32 min or Lynn Woods 6:30 PM | **18** | **19**<br>30 min hilly | **20**<br>33 min w/ 8 stride-outs |
| **21** | **22**<br>10 min warm up-<br>4x800 meters-<br>10 min cool down | **23**<br>30 min easy | **24**<br>35 min or Lynn Woods 6:30 PM | **25** | **26**<br>30-35 min hilly | **27**<br>36 min w/ 8 stride-outs |
| **28** | **29**<br>30-35 min | **30**<br>37 min | **31**<br>38 min hard or Lynn Woods 6:30 PM | | | |

# AUGUST 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | **1** | **2**<br>39 min hilly | **3**<br>10 min warm up-<br>5x800 meters-<br>10 min cool down |
| **4** | **5**<br>41 min run | **6**<br>35 easy w/ 8 stride-outs | **7**<br>42 min hard or Lynn Woods 6:30 PM | **8** | **9**<br>10 min warm up-<br>5x1000 meters (4-5 min interval)-<br>10 min cool down | **10**<br>30-35 min easy |
| **11** | **12**<br>43 hilly | **13**<br>35-40 min | **14**<br>45 min hard or Lynn Woods 6:30 PM | **15** | **16**<br>40 min<br>8 stride-outs | **17**<br>46 min |
| **18** | **19**<br>15 min warm up-<br>6x800 meters-<br>15 min cool down | **20**<br>35-40 min recovery | **21**<br>48 min hard or Lynn Woods 6:30 PM | **22** | **23**<br>49 min hilly | **24**<br>40-45 min (medium pace) |
| **25** | **26**<br>50 min | **27** | **28** | **29** | **30** | **31** |

**This does not have to be followed exactly, but make sure to get your long and hard runs in if you miss a day of practice. Work on your weaknesses i.e. stretching, hills, core, etc. Newcomers should start at a lesser level, their first run should be 10-12 min and should steadily increase from there.

## NO WALKING DURING RUNS!