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| June | 2017 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  |  |  |  |
| **4 –OYO**  | **5–OYO** | **6–OYO** | **7–OYO** | **8–OYO** | **9–OYO** | **10–Off/Cross Train** |
| A – 30 Min. EasyB – OffC – Off | A – 30 Min. EasyB – 30 Min. EasyC – 20 Min. Easy | A – 40 Min. EasyB – 30 Min. EasyC – Off | A – 30 Min. EasyB – 30 Min. EasyC – 20 Min. Easy | A – 30 Min. EasyB – 30 Min. EasyC – Off | A – 50 Min EasyB – 40 Min. EasyC – 30 Min. Easy | - Bike/Swim/Walk |
| **1--OYO** | **12--OYO** | **13--8:00AM Practice—Howdershell Park** | **14-OYO** | **15--8:00AM Practice—Howdershell Park** | **16--OYO** | **17–Off/Cross Train** |
| A – 30 Min. EasyB – OffC - Off | A – 45 Min. EasyB – 35 Min. EasyC – 30 Min. Easy | A-45 Min. Fartlek: 5/3B-35 Min. Fartlek: 5/3C-30 Min. Easy | A – 40 Min. EasyB – 35 Min. EasyC – 30 Min. Easy | A – 55 Min EasyB – 45 Min. EasyC – 35 Min. Easy | A – 30 Min. EasyB – 30 Min. EasyC - Off | - Bike/Swim/Walk |
| **18--OYO** | **19—OYO** | **20--8:00AM Practice—Howdershell Park** | **21--OYO** | **22--8:00AM Practice—Howdershell Park** | **23--OYO** | **24–Off/Cross Train** |
| A – 30 Min. EasyB – OffC - Off | A – 50 Min EasyB – 40 Min EasyC – 30 Min Easy | A--10/15/10 TempoB--10/10/10 TempoC--30 Min. Easy | A – 30 Min EasyB – 30 Min. EasyC - Off | A – 15 Min/10xHill/15 MinB – 15 Min/6xHill/15 MinC – 10 Min/6xHill/10 Min | A – 60 Min EasyB – 50 Min EasyC – 40 Min Easy | - Bike/Swim/Walk |
| **25--OYO** | **26--OYO** | **27-- 8:00AM Practice—Howdershell Park** | **28--OYO** | **29--8:00AM Practice—Howdershell Park** | **30 --8:00AM Practice—Howdershell Park** |  |
| A – 30 Min. EasyB – OffC - Off | A – 75 Min EasyB – 65 Min EasyC – 55 Min Easy | A-50 Min. Fartlek: 5/3B-40 Min. Fartlek: 5/3C-40 Min. Fartlek: 5/3 | A – 30 Min EasyB – 30 Min EasyC – 30 Min Easy | A – 15 Min/8x200/15MinB – 10 Min/8x 200/10 MinC – 10 Min/6x200/10 Min | A – 65 Min EasyB – 55 Min EasyC – 45 Min Easy |  |
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| Key/GroupsExplained: | **A** – Advanced (Returning varsity runner who ran track) | **B** – Intermediate (Returning varsity runner who did not run track or returning JV or Freshman who ran track) | **C** – Beginner (Returning JV or Freshman runner who did not run track or a new runner)**OYO** – On Your Own |

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| July | 2017 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 - Off/Cross Train- Bike/Swim/Walk |
|  |  |  |  |  |  |  |
| **2 – OYO**A- 30 Min. EasyB/C -- Off | **3 8:00AM Practice—Howdershell Park**A –10/20/10 TempoB –10/15/10 TempoC –10/10/10 Tempo  | **4 --OYO**A – 60 Min EasyB – 50 Min EasyC – 40 Min Easy | **5 – OYO**A – 30 Min EasyB – 30 Min EasyC – 30 Min Easy | **6 8:00AM Practice—Howdershell Park**A – 15 Min/12xHill/15 MinB – 15 Min/8xHill/15 MinC -10 Min/8xHill/10 Min. | **7 – OYO**A – 70 Min EasyB – 60 Min EasyC – 50 Min Easy | **8 - Off/Cross Train**- Bike/Swim/Walk |
|  |  |  |  |  |  |  |
| 9 – OYO A-30 Min. EasyB/C -- Off | **10 – OYO**A – 60 Min EasyB – 50 Min EasyC – 40 Min Easy | **11** --**8:00AM Practice—Howdershell Park**A-50 Min. Fartlek: 5/3B-45 Min. Fartlek: 5/3C-35 Min. Fartlek 5/3 | **12** – OYOA – 30 Min EasyB – 30 Min EasyC – 30 Min Easy | **13--8:00AM Practice—Howdershell Park**A – 15 Min/8 x 400/15 MinB – 15 Min/6 x 400/15 MinC – 10 Min/6 x 400/10 Min | **14 – OYO**A – 75 Min EasyB – 65 Min EasyC – 55 Min Easy | **15 - Off/Cross Train**Bike/Swim/Walk |
|  |  |  |  |  |  | -  |
| **16 – OYO**A – 30 Min. EasyB/C – Off | **17 – OYO**A – 70 Min EasyB – 60 Min EasyC – 50 Min Easy | **18 --8:00AM Practice—Howdershell Park**A- 10/20/10 TempoB –10/15/10 TempoC –10/10/10 Tempo | **19 – OYO**A – 30 Min EasyB – 30 Min EasyC – 30 Min Easy | **20 -8:00AM Practice—Howdershell Park**A – 15 Min/12xHill/15 MinB – 15 Min/8xHill/15 MinC – 10 Min/8xHill/10 Min | **21 8:00AM Practice—Howdershell Park**A – 80 Min EasyB – 70 Min EasyC – 60 Min Easy | **22 - Off/Cross Train**- Bike/Swim/Walk |
|  |  |  |  |  |  |  |
| **23 – OYO**A – 30 Min. EasyB/C – Off | **24 – OYO**A – 75 Min EasyB – 65 Min EasyC – 55 Min Easy | **25 – OYO**A – 75 Min EasyB – 65 Min EasyC – 55 Min Easy | **26 – OYO**A – 30 Min EasyB – 30 Min EasyC – 30 Min Easy | **27 – OYO**A – 15 Min/4x800/15 MinB – 15 Min/4 x 800/10 MinC – 10 Min/4 x 800/10 Min | **28 – OYO**A – 85 Min EasyB – 75 Min EasyC – 65 Min Easy | **29 - Off/Cross Train**- Bike/Swim/Walk |
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| **30 - OYO** | 31 |  |  |  |  |  |
| A – 30 Min. EasyB/C – Off | **1st Official Practice!** |  |  |  |  |  |