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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. Easy  B – Off  C – Off | A – 30 Min. Easy  B – 30 Min. Easy  C – 20 Min. Easy | A – 40 Min. Easy  B – 30 Min. Easy  C – Off | A – 30 Min. Easy  B – 30 Min. Easy  C – 20 Min. Easy | A – 30 Min. Easy  B – 30 Min. Easy  C – Off | A – 50 Min Easy  B – 40 Min. Easy  C – 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. Easy  B – Off  C - Off | A – 45 Min. Easy  B – 35 Min. Easy  C – 30 Min. Easy | A-45 Min. Fartlek: 5/3  B-35 Min. Fartlek: 5/3  C-30 Min. Easy | A – 40 Min. Easy  B – 35 Min. Easy  C – 30 Min. Easy | A – 55 Min Easy  B – 45 Min. Easy  C – 35 Min. Easy | A – 30 Min. Easy  B – 30 Min. Easy  C - 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. Easy  B – Off  C - Off | A – 50 Min Easy  B – 40 Min Easy  C – 30 Min Easy | A--10/15/10 Tempo  B--10/10/10 Tempo  C--30 Min. Easy | A – 30 Min Easy  B – 30 Min. Easy  C - Off | A – 15 Min/10xHill/15 Min  B – 15 Min/6xHill/15 Min  C – 10 Min/6xHill/10 Min | A – 60 Min Easy  B – 50 Min Easy  C – 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. Easy  B – Off  C - Off | A – 75 Min Easy  B – 65 Min Easy  C – 55 Min Easy | A-50 Min. Fartlek: 5/3  B-40 Min. Fartlek: 5/3  C-40 Min. Fartlek: 5/3 | A – 30 Min Easy  B – 30 Min Easy  C – 30 Min Easy | A – 15 Min/8x200/15Min  B – 10 Min/8x 200/10 Min  C – 10 Min/6x200/10 Min | A – 65 Min Easy  B – 55 Min Easy  C – 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. Easy  B/C -- Off | **3 8:00AM Practice—Howdershell Park**  A –10/20/10 Tempo  B –10/15/10 Tempo  C –10/10/10 Tempo | **4 --OYO**  A – 60 Min Easy  B – 50 Min Easy  C – 40 Min Easy | **5 – OYO**  A – 30 Min Easy  B – 30 Min Easy  C – 30 Min Easy | **6 8:00AM Practice—Howdershell Park**  A – 15 Min/12xHill/15 Min  B – 15 Min/8xHill/15 Min  C -10 Min/8xHill/10 Min. | **7 – OYO**  A – 70 Min Easy  B – 60 Min Easy  C – 50 Min Easy | **8 - Off/Cross Train**  - Bike/Swim/Walk |
|  |  |  |  |  |  |  |
| 9 – OYO  A-30 Min. Easy  B/C -- Off | **10 – OYO**  A – 60 Min Easy  B – 50 Min Easy  C – 40 Min Easy | **11** --**8:00AM Practice—Howdershell Park**  A-50 Min. Fartlek: 5/3  B-45 Min. Fartlek: 5/3  C-35 Min. Fartlek 5/3 | **12** – OYO  A – 30 Min Easy  B – 30 Min Easy  C – 30 Min Easy | **13--8:00AM Practice—Howdershell Park**  A – 15 Min/8 x 400/15 Min  B – 15 Min/6 x 400/15 Min  C – 10 Min/6 x 400/10 Min | **14 – OYO**  A – 75 Min Easy  B – 65 Min Easy  C – 55 Min Easy | **15 - Off/Cross Train**  Bike/Swim/Walk |
|  |  |  |  |  |  | - |
| **16 – OYO**  A – 30 Min. Easy  B/C – Off | **17 – OYO**  A – 70 Min Easy  B – 60 Min Easy  C – 50 Min Easy | **18 --8:00AM Practice—Howdershell Park**  A- 10/20/10 Tempo  B –10/15/10 Tempo  C –10/10/10 Tempo | **19 – OYO**  A – 30 Min Easy  B – 30 Min Easy  C – 30 Min Easy | **20 -8:00AM Practice—Howdershell Park**  A – 15 Min/12xHill/15 Min  B – 15 Min/8xHill/15 Min  C – 10 Min/8xHill/10 Min | **21 8:00AM Practice—Howdershell Park**  A – 80 Min Easy  B – 70 Min Easy  C – 60 Min Easy | **22 - Off/Cross Train**  - Bike/Swim/Walk |
|  |  |  |  |  |  |  |
| **23 – OYO**  A – 30 Min. Easy  B/C – Off | **24 – OYO**  A – 75 Min Easy  B – 65 Min Easy  C – 55 Min Easy | **25 – OYO**  A – 75 Min Easy  B – 65 Min Easy  C – 55 Min Easy | **26 – OYO**  A – 30 Min Easy  B – 30 Min Easy  C – 30 Min Easy | **27 – OYO**  A – 15 Min/4x800/15 Min  B – 15 Min/4 x 800/10 Min  C – 10 Min/4 x 800/10 Min | **28 – OYO**  A – 85 Min Easy  B – 75 Min Easy  C – 65 Min Easy | **29 - Off/Cross Train**  - Bike/Swim/Walk |
|  |  |  |  |  |  |  |
| **30 - OYO** | 31 |  |  |  |  |  |
| A – 30 Min. Easy  B/C – Off | **1st Official Practice!** |  |  |  |  |  |