

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------|--|--|---|---|---|---|
| 26 Rest/Recover | 27 Your mind, body & soul, & thoughts. Spend time with family + friends + vacations if any. Any running or biking rest is optional. | 28 Monday June 10 th = 1 st day of summer voluntary practices from 8am-10am Mondays through Fridays at small parking lot past the baseball stadium. | 29 SF last Day | 30 Fly to Swiss | 31 Swim or Bike ride | 1 OFF/Rest |
| 2 OFF/Rest | 3 This week you can start some or biking just for fresh air - I am on vacation/out of country you'll run on your own those days. | 4 light running & get motivated. | 5 graders 😊 | 6 graders 😊 | 7 graders 😊 | 8 OFF/Rest |
| 9 5 OFF/Rest | 10 W 20-25 minutes 25-30 minutes 1 st Day | 11 I 20-25 min 25-30 min | 12 T 20-25 min 25-30 min | 13 2 20-25 min 25-30 min | 14 E 20-25 min 25-30 min | 15 R Swim or Bike ride OFF/Rest |
| 16 L OFF/Rest | 17 A 20-25 min 25-30 min | 18 N 20-25 min 25-30 min | 19 D 20-25 min 25-30 min | 20 Fly to Philly? | 21 A 20-25 min 25-30 min | 22 Swim or Bike ride OFF/Rest |
| 23 OFF/Rest | 24 A 25-30 min 30-35 min | 25 A 25-30 min 30-35 min | 26 A 25-30 min 30-35 min | 27 A 25-30 min 30-35 min | 28 A 25-30 min 30-35 min | 29 Swim or Bike ride OFF/Rest |
| 30 OFF/Rest | 1 Use the "OFF/Rest" days to make up for a missed day during the weeks. Or swim or bike. | 2 All runs start with warmups, drills/structures & end with stretching + core | 3 Use the "OFF/Rest" days to make up for a missed day during the weeks. Or swim or bike. | 4 Use the "OFF/Rest" days to make up for a missed day during the weeks. Or swim or bike. | 5 Use the "OFF/Rest" days to make up for a missed day during the weeks. Or swim or bike. | 6 Use the "OFF/Rest" days to make up for a missed day during the weeks. Or swim or bike. |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | | |
|---|--|--|--|--|--|--|----------|----------|----------|
| <p>Sat undery practices start in July +striders + weight lifting</p> <p>30</p> <p>(A) 25-30 min (B) 30-35 min</p> | <p>1</p> <p>(A) 25-30 min (B) 30-35 min</p> | <p>2</p> <p>(A) 25-30 min (B) 30-35 min</p> | <p>3</p> <p>(A) 25-30 min (B) 30-35 min</p> | <p>4</p> <p>(A) 25-30 min (B) 30-35 min</p> | <p>5</p> <p>(A) 30-40 min (B) 35-50 min</p> | <p>6</p> <p>(A) 30-40 min (B) 35-50 min</p> | | | |
| <p>7</p> <p>OFF/Rest (A) 30-35 min (B) 35-40 min</p> | <p>8</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>9</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>10</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>11</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>12</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>13</p> <p>(A) 35-45 min (B) 40-55 min or B5/1a ride</p> | | | |
| <p>14</p> <p>OFF/Rest (A) 30-35 min (B) 35-40 min</p> | <p>15</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>16</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>17</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>18</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>19</p> <p>(A) 30-35 min (B) 35-40 min</p> | <p>20</p> <p>(A) 35-45 min (B) 40-55 min</p> | | | |
| <p>21</p> <p>OFF/Rest (A) 35-40 min (B) 40-45 min or Intervals? ←?</p> | <p>22</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>23</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>24</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>25</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>26</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>27</p> <p>(A) 40-50 min (B) 45-60 min</p> | | | |
| <p>28</p> <p>OFF/Rest (A) 35-40 min (B) 40-45 min</p> | <p>29</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>30</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>31</p> <p>(A) 35-40 min (B) 40-45 min</p> | <p>I would like to take a trip to Lehigh to jog district course, maybe July 20th or 27th</p> | | | <p>1</p> | <p>2</p> | <p>3</p> |

"HELL WEEK"

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------|---------------|---------------|---------------|---------------|---------------|------------------------------------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 45-55 min |
| (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 50-65 min |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest |
| (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 40-45 min | (A) 45-55 min |
| (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 45-50 min | (B) 50-60 min |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest |
| (A) 45-50 min | (A) 45-50 min | (A) 45-50 min | (A) 45-50 min | (A) 45-50 min | (A) 45-50 min | Scrimmage |
| (B) 50-55 min | (B) 50-55 min | (B) 50-55 min | (B) 50-55 min | (B) 50-55 min | (B) 50-55 min | @BASU vs Exeter vs Great Valley vs |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest | OFF / Rest |
| (A) 45-55 min | (A) 45-55 min | (A) 45-55 min | (A) 45-55 min | (A) 45-55 min | No School | Northampton |
| (B) 50-60 min | (B) 50-60 min | (B) 50-60 min | (B) 50-60 min | (B) 50-60 min | Pre-Next run. | In v the Fast Course Everyone runs |

OFF / Rest

OFF / Rest

OFF / Rest

OFF / Rest

1st Day of School
Hills / Intervals

Intervals
or
Hills

Intervals / Hills
or
Hills

Intervals
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Intervals / Hills
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Intervals / Hills
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Intervals
or
Hills

Pre-Next run.

Intervals / Hills
or
Hills

Intervals / Hills
or
Hills

Intervals
or
Hills

Fast Course
Everyone runs

Scrimmage
@BASU vs Exeter vs Great Valley vs

Scrimmage
@BASU vs Exeter vs Great Valley vs

Fast Course
Everyone runs

Northampton

Northampton

Northampton

Northampton