

# July 2019

June '19							August '19							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1						1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	25	26	27	28	29	30	31	
						30								

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 30 min run 40 min run 45 min run	<b>2</b> Moderate Pace Everyone: 10 min w/u 2x10 min 4 min rec 2x10 min 4 min rec 2x12min 4 min rec Everyone 10 min c/d	<b>3</b> Training Run 30 min 35 min 40min Core/Abs/ Weights	<b>4</b> Tempo Run Everyone: 10 min w/u 3 mile tempo 3 mile tempo 3 mile tempo Everyone 10 min c/d	<b>5</b> Training Run 30 min 35 min 40 min Core/Abs/ Weights	<b>6</b> Long Run 35 min 45 min 50 min
7	<b>8</b> Training Run 35 min 40 min 45 min	<b>9</b> Moderate Pace Everyone 10 min w/u 20 min pace run 20 min pace run 25 min Pace Run	<b>10</b> Training Run 35 min 40 min 45 min Core/Abs/ Weights	<b>11</b> TR + 30 min 35 min 40 min 10x300 @ 5k pace	<b>12</b> Training Run : 35 min 40 min 45 min Core/Abs/ Weights	<b>13</b> Long Run 40 min 50 min 60 min
14	<b>15</b> Training Run 40 min 45 min 50 min	<b>16</b> Moderate Pace Everyone 10 min w/u 2x12 min pace run 2x12 min pace run 2x15 min pace run Everyone 10 min cooldown	<b>17</b> Training Run OFF DAY 25min run 35 min run Core/Abs/Weights	<b>18</b> TR + 30 min 30 min 40 min run Everyone 8x400 @ 5k pace	<b>19</b> Training Run 40 min 45 min 50 min Core/Abs/ Weights	<b>20</b> Long Run 45min 60min 70 min
21	<b>22</b> Training Run 40 min 45min 45 min	<b>23</b> Threshold Repeats Everyone 10 min w/u 3x4 min w/ 1min rec 4x4 min w/ 1 min rec 5x4 min w/ 1 min rec Everyone 10 min cooldown	<b>24</b> Training Run 40 min 45min 50 min	<b>25</b> TR + 30 min 30min 40min Everyone 10x400 @ 5k pace Everyone 1 mile cooldown	<b>26</b> TR 40 min 45min 50 min	<b>27</b> Long Run 50 min 60 min 75 min
28	<b>29</b> Training Run 40 min 45 min 50min	<b>30</b> Fartlek Everyone 10 min w/u 4x4 min w/ 1min rec 5x4 min w/ 1 min rec 6x4 min w/ 1 min rec	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
4	<b>5</b>	<b>Notes</b> First day of practice is August 1st @ 9am at Falls Church High School OPTIONAL WORKOUTS @ ROUNDTREE PARK 9am-11am Tuesdays and Thursdays. @ FCHS Door 8 Wednesdays/Fridays 9-11am.				