

June 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 Training Run	5 Training Run	6 Training Run	7 Day off	8 Training Run
		20 minute run	20 minute run	20 minute run		Off
		25 minute run	25 minute run	25 minute run		25 min run
		30 minute run	30 minute run	30 minute run		40 min run
		Core Abs/Weights				
9 All OFF	10 Training Run	11 Moderate Pace Run	12 Training Run	13 TR + Intervals @ 5k	14 Training Run	15 Long Run
	20 minute run	Everyone 10 minute w/u	20 minute Run	20 min. run	20 min run	OFF
	25 minute run	10 minute pace	25 minute Run	25 min run	25 min run	Off
	30 minute run	10 minute pace	30 minute Run	30 min run	30 min run	30 min run
		15 minute Pace	Core Abs/Weights	Everyone 10x150m @ 5k pace	Core/abs/weights	
		Everyone 10 minute c/d				
16 All OFF	17 Training Run	18 Moderate Pace run	19 Training Run	20 Moderate Pace Run	21 Training run	22 Long Run
	20 minute run	Everyone 10 min w/u	20 minute run	5 min easy right into	OFF	30 min
	25 minute run	2x8 min 4 min rec	25 minute run	20 min pace	25 min	35min
	30 minute run	2x8 min 4 min rec	30 minute run	20 min pace	30 min run	40 min
		2x10 min	Core Abs/Weights	25 min pace	Core/abs/weights	
				5 min easy on back end		
23	24 Training Run	25 Moderate Pace Run	26 Training Run	27 TR + Intervals	28 Training Run	29 Long Run
	25 min run	Everyone 10 min w/u	25 min run	25 min	OFF	35 min
	30 min run	15 min	30 min run	30 min	30 min	40 min
	35 min run	15 min	35 min run	35 min	35min	45min
		20 min	Core Abs/Weights	Everyone: 10x200 @ 5k	Core/Abs Weights	
		Everyone 10 min c/d				
30	1	Notes Optional Team workouts begin June 18th OPTIONAL WORKOUTS @ ROUNDTREE PARK 9am-11am Tuesdays and Thursdays. @ FCHS Door 8 Wednesdays/Fridays 9-11am. Green: Program for new athletes White: Protram for intermdiate athletes Gold: Program for returning varsity athletes				