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| June | 2016 |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 35min Steady RunCore | 30min Easy RunForm Drills | 35min Easy RunCore | 40min Steady Run**~21-28 mile week** |
| **5** Cross Train or | 6 | 7 | 8 | 9 | 10 | 11 |
| 30min Easy RunForm Drills | 30min Steady RunCore | 35min Easy RunForm Drills | 40min Steady RunCore | 35min Easy Run Form Drills | 40min Easy Run Core | 45min Steady Run**~25-32 mile week** |
| **12** Cross train or | 13 | 14 | 15 | 16 | 17 | 18 |
| 30min Easy Run Form Drills | 35min Steady RunCore | 40min Easy RunForm Drills | 45min Steady RunCore | 40min Easy RunForm Drills | 45min Easy Run Core | 50min Steady Run**~28-34 mile week** |
| **19** Cross Train or | 20 | 21 | 22 | 23 | 24 | 25 |
| 30min Easy RunForm Drills | 40min Steady RunCore | 45min Easy RunForm Drills  | 50min Steady RunCore | 45min Easy Run Form Drills | 50min Easy Run Core | 55min Easy Run**~31-38 mile week** |
| **26** Cross Train or | 27 | 28 | 29 | 30 |  |  |
| 35min Easy Run Form Drills | 35min Steady RunCore | 45min Easy RunForm drills | 55min Steady RunCore | 50min Easy Run Form Drills |  |  |
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| Paces: | **Easy Pace** **9:30-10:00min per mile****Steady Pace 8:30-9:00min per mile** | Starting June 19th Easy Pace reduces to 9:15-9:30min per mile | Starting June 25th Steady Pace reduces to 8:15-8:45min per mile |