|  |  |
| --- | --- |
| June | 2016 |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 35min Steady Run  Core | 30min Easy Run  Form Drills | 35min Easy Run  Core | 40min Steady Run  **~21-28 mile week** |
| **5** Cross Train or | 6 | 7 | 8 | 9 | 10 | 11 |
| 30min Easy Run  Form Drills | 30min Steady Run  Core | 35min Easy Run  Form Drills | 40min Steady Run  Core | 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 Run  Core | 40min Easy Run  Form Drills | 45min Steady Run  Core | 40min Easy Run  Form Drills | 45min Easy Run  Core | 50min Steady Run  **~28-34 mile week** |
| **19** Cross Train or | 20 | 21 | 22 | 23 | 24 | 25 |
| 30min Easy Run  Form Drills | 40min Steady Run  Core | 45min Easy Run  Form Drills | 50min Steady Run  Core | 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 Run  Core | 45min Easy Run  Form drills | 55min Steady Run  Core | 50min Easy Run  Form Drills |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |