

July 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
4 miles - :32 5 miles - :40 6 miles - :48 7 miles - :56 8 miles - 1:04		9 miles - 1:12 10 miles - 1:20 11 miles - 1:28 12 miles - 1:34		Monday: Long Run Tuesday: Recovery / Striders/ Core Wednesday: Workout Thursday: Recovery / Striders/ Core Friday: Tempo / Fartlek Saturday: Recovery / Core		28 Group A- 5 Group B-5 Group C-6 Group D-7		29 Group A- 5 (30) Group B-5 (30) Group C-6 (38) Group D-7 (42)		30 Rest			
1 Group A- 6 Group B-6 Group C-7 Group D-9		2 Group A- 5 Group B-5 Group C-6 Group D-7		3 Group A- 5 Group B-5 Group C-6 Group D-8		4 Group A- 5 Group B-6 Group C-6 Group D-7		5 Group A- 5 Group B-5 Group C-7 Group D-8		6 Group A- 5 (31) Group B-6 (33) Group C-6 (38) Group D-7 (46)		7 Rest	
8 Group A- 6 Group B-7 Group C-8 Group D-10		9 Group A- 5 Group B-5 Group C-7 Group D-7		10 Group A- 5 Group B-6 Group C-7 Group D-8		11 Group A- 5 Group B-6 Group C-7 Group D-7		12 Group A- 5 Group B-5 Group C-7 Group D-8		13 Group A- 5 (31) Group B-6 (35) Group C-6 (42) Group D-7 (47)		14 Rest	
15 Group A- 6 Group B-8 Group C-9 Group D-11		16 Group A- 5 Group B-5 Group C-6 Group D-7		17 Group A- 5 Group B-6 Group C-7 Group D-8		18 Group A- 5 Group B-6 Group C-7 Group D-8		19 Group A- 5 Group B-5 Group C-7 Group D-8		20 Group A- 5 (31) Group B-6 (36) Group C-6 (42) Group D-8 (50)		21 Rest	
22 Group A- 7 Group B-8 Group C-10 Group D-12		23 Group A- 5 Group B-6 Group C-7 Group D-7		24 Group A- 5 Group B-6 Group C-7 Group D-8		25 Group A- 5 Group B-6 Group C-7 Group D-8		26 Group A- 6 Group B-6 Group C-7 Group D-8		27 Group A- 5 (33) Group B-6 (38) Group C-87 (45) Group D-8 (51)		28 Rest	