

June 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 | 29 Group A- 2 Group B-4 Group C-4 Group D-4 | 30 Group A- 3 Group B-4 Group C-5 Group D-5 | 31 Group A- 2 Group B-4 Group C-4 Group D- 4 | 1 Group A- 3 (15) Group B-4 (20) Group C-5 (23) Group D-5 (23) | 2 Rest |
| 3 Group A- 4 Group B-5 Group C-6 Group D-6 | | 4 Group A- 4 Group B-4 Group C-4 Group D-5 | 5 Group A- 3 Group B-5 Group C-6 Group D-6 | 6 Group A- 4 Group B-4 Group C-5 Group D-5 | 7 Group A- 4 Group B-5 Group C-4 Group D-5 | 8 Group A- 3 (22) Group B- 5 (28) Group C-6 (31) Group D-6 (33) | 9 Rest |
| 10 Group A- 5 Group B-5 Group C-6 Group D-7 | | 11 Group A- 3 Group B-4 Group C-5 Group D-5 | 12 Group A- 4 Group B-5 Group C-6 Group D-6 | 13 Group A- 5 Group B-4 Group C-5 Group D-5 | 14 Group A- 4 Group B-5 Group C-6 Group D-6 | 15 Group A- 4 (25) Group B-5 (31) Group C-5 (33) Group D-7 (36) | 16 Rest |
| 17 Group A- 5 Group B-7 Group C-7 Group D-8 | | 18 Group A- 4 Group B-4 Group C-5 Group D - 6 | 19 Group A- 4 Group B-5 Group C-6 Group D-7 | 20 Group A- 5 Group B-5 Group C-5 Group D-6 | 21 Group A- 4 Group B-4 Group C-5 Group D-6 | 22 Group A- 4 (26) Group B-5 (30) Group C-7 (35) Group D-7 (40) | 23 Rest |
| 24 Group A- 6 Group B-6 Group C-8 Group D-9 | | 25 Group A- 4 Group B-4 Group C-5 Group D-7 | 26 Group A- 4 Group B-6 Group C-7 Group D-8 | 27 Group A- 5 Group B-5 Group C-6 Group D-6 | Monday: Long Run / Striders Tuesday: Recovery / Core Wednesday: Hard Day Thursday: Recovery / Core Friday: Tempo / Fartlek Saturday: Recovery/ Core | | |