

# JUNE

SUN

MON

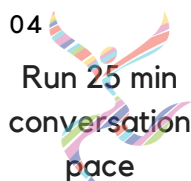
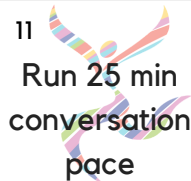
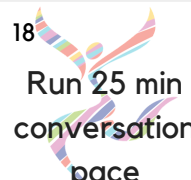
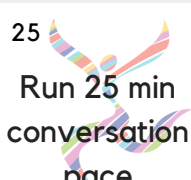
TUE

WED

THU

FRI

SAT

					01	02
03 Rest or Cross train	04  Run 25 min conversation pace	05 Rest or Cross train	06 Run 2min easy, 30sec hard x's 10	07 Cross train	08 Run 20 min conversation pace	09 Rest
10 Rest or Cross train	11  Run 25 min conversation pace	12 Rest or Cross train	13 Run 2min easy, 1min hard x's 10	14 Cross train	15 Run 25 min conversation pace	16 Rest
17 Rest or Cross train	18  Run 25 min conversation pace	19 Rest or Cross train	20 Run 2min easy, 2min hard x's 10	21 Cross train	22 Run 35 min conversation pace	23 Rest
24 Rest or Cross train	25  Run 25 min conversation pace	26 Rest or Cross train	27 Run 2min easy, 3min hard x's 10	28 Cross train	29 Run 40 min conversation pace	30 Rest

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# JULY

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SUN	MON	TUE	WED	THU	FRI	SAT
01 Rest or Cross train	02 Run 25 min conversation pace 	03 Rest or Cross train	04 Run 2min easy, 1min hard x's 10	05 Cross train	06 Run 30 min conversation pace	07 Rest
08 Rest or Cross train	09 Run 25 min conversation pace 	10 Rest or Cross train	11 Run 2min easy, 3min hard x's 10	12 Cross train	13 Run 40 min conversation pace	14 Rest
15 Rest or Cross train	16 Run 25 min conversation pace 	17 Rest or Cross train	18 Run 2min easy, 4min hard x's 5	19 Cross train	20 Run 45 min conversation pace	21 Rest
22 Rest or Cross train	23 Run 25 min conversation pace 	24 Rest or Cross train	25 Run 2min easy, 5min hard x's 5	26 Cross train	27 Run 50 min conversation pace	28 Rest
29 Rest or Cross train	30 Run 25 min conversation pace 	31 Rest or Cross train				

# AUGUST

SUN

MON

TUE

WED

THU

FRI

SAT

			01 Run 2min easy, 2min hard x's 8	02  Cross train	03 Run 40 min conversation pace	04  Rest
05  Rest or Cross train	06  Run 25 min conversation pace	07  Rest or Cross train	08 Run 2min easy, 1min hard x's 6	09  20 min run	10 Pick up for LOL 5k Packet	11  <b>LOL 5k</b>
12  Rest	13  Run 25 min conversation pace	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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