

Date		Days Left	Time	Locstion	Workout
7/2/17	Sunday	43			4 Mile Run
7/3/17	Monday	42			5 Mile Run
7/4/17	Tuesday	41			4 mile Tempo Run
7/5/17	Wednesday	40			4 Mile Run
7/6/17	Thursday	39			6 mile run strides
7/7/17	Friday	38			Off
7/8/17	Saturday	37			8 Mile run
7/9/17	Sunday	36			4 Mile run
7/10/17	Monday	35	7:00 AM	Track	3 miles Hard TIMED
7/11/17	Tuesday	34			4 Mile Run
7/12/17	Wednesday	33	7:00 AM	Track	5 Mile Run Strides
7/13/17	Thursday	32	9:00 AM	Nature Center	6*800 Tempo Pace
7/14/17	Friday	31	7:00 AM	Track	Off
7/15/17	Saturday	30			8 Mile run
7/16/17	Sunday	29			4 Mile Run
7/17/17	Monday	28	7:00 AM	Track	5 mile Run
7/18/17	Tuesday	27			5 mile tempo run
7/19/17	Wednesday	26	7:00 AM	Track	4 miles
7/20/17	Thursday	25	9:00 AM	NC	5 Mile Run
7/21/17	Friday	24	7:00 AM	Track	2 Mile VO2 Max run
7/22/17	Saturday	23			Off
7/23/17	Sunday	22			8 Mile Run
7/24/17	Monday	21	7:00 AM	Track	4 mile run
7/25/17	Tuesday	20			7 mile run strides
7/26/17	Wednesday	19	7:00 AM	Track	5 Mile run
7/27/17	Thursday	18	9:00 AM	Track	5 Mile Run
7/28/17	Friday	17	7:00 AM	Track	4 miles HARD TIMED
7/29/17	Saturday	16			6 mile Run
7/30/17	Sunday	15			5 Mile Run
7/31/17	Monday	14			6 Mile Run
8/1/17	Tuesday	13			5 Mile tempo run
8/2/17	Wednesday	12			5 miles Strides
8/3/17	Thursday	11			6 Mile run
8/4/17	Friday	10			off
8/5/17	Saturday	9			9 mile run
8/6/17	Sunday	8			5 mile run
8/7/17	Monday	7			3 mile HARD RUN TIMI
8/8/17	Tuesday	6			5 mile run Strides
8/9/17	Wednesday	5			6 mile run
8/10/17	Thursday	4			7 mile run strides
8/11/17	Friday	3			off

8/12/17	Saturday	2	10 mile run
8/13/17	Sunday	1	off
8/14/17	Monday		1st day of practice VO2

D RUN TIMED

practice VO2 Max run