

	A	B	C	D	E	F	G	H
1	Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2	June 9th				Kick Off @ 6pm			
3	June 15				Meet the Squad			
4	Week 1				Time Trial-2 mile	Rest	Stretch / Strengthen	3m
5	Week 2	30min Cross Train	2m Speed/Tempo	Rest	3m	30min Cross Train	Stretch / Strengthen	3m
6	Week 3	30min Cross Train	2m Speed/Tempo	Rest	3m	30min Cross Train	Stretch / Strengthen	3m
7	Week 4	35min Cross Train	2m Speed/Tempo	Rest	4m	35min Cross Train	Stretch / Strengthen	3m
8	Week 5	35min Cross Train	2m Speed/Tempo	Rest	5m	35min Cross Train	Stretch / Strengthen	4m
9	Week 6	40min Cross Train	2m Speed/Tempo	Rest	3m	40min Cross Train	Stretch / Strengthen	4m
10	Week 7	40min Cross Train	3m Speed/Tempo	Rest	6m	40min Cross Train	Stretch / Strengthen	3m
11	Week 8	45min Cross Train	3m Speed/Tempo	Rest	7m	45min Cross Train	Stretch / Strengthen	4m
12	Week 9	45min Cross Train	3m Speed/Tempo	Rest	8m	45min Cross Train	Stretch / Strengthen	4m
13	Week 10	45min Cross Train	3m Speed/Tempo	Rest	4m	45min Cross Train	Stretch / Strengthen	5m
14	Week 11	45min Cross Train	3m Speed/Tempo	Rest	15k route	45min Cross Train	Stretch / Strengthen	3m
15	Week 12	45min Cross Train	3m Speed/Tempo	Rest	5m	45min Cross Train	Stretch / Strengthen	5m
16	Week 13	45min Cross Train	2m	Rest	3m	Rest	Rest	RACE!
17								
18	Notes:	Ask a Squad Leader for ideas on cross training and how to plan speed and tempo workouts! Don't Forget about Tuesday Night Park Runs at Fairview Park! Always						
19		listen to your body and don't forget to hydrate!						