

	A	B	C	D	E	F	G	H
1	Week	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
2	<b>June 9th</b>				Kick Off @ 6pm			
3	<b>June 15</b>				Meet the Squad			
4	<b>Week 1</b>				Time Trial-1 mile	Rest	Walk 5 / Run 5	Rest
5	<b>Week 2</b>	20min Cross Train	1m	10min Cross Train	1.5m	Rest	Walk 10 / Run 10	Rest
6	<b>Week 3</b>	20min Cross Train	1m	10min Cross Train	1.5m	Rest	Walk 15 / Run 15	Rest
7	<b>Week 4</b>	20min Cross Train	1.5m	20min Cross Train	2m	Rest	Walk 15 / Run 15	Rest
8	<b>Week 5</b>	20min Cross Train	1.5m Speed/Tempo	20min Cross Train	2m	Rest	1.5m	Rest
9	<b>Week 6</b>	25min Cross Train	2m Speed/Tempo	20min Cross Train	2.5m	Rest	2m	Rest
10	<b>Week 7</b>	25min Cross Train	2m Speed/Tempo	20min Cross Train	3m	Rest	2.5m	Rest
11	<b>Week 8</b>	30min Cross Train	2m Speed/Tempo	20min Cross Train	3m	Rest	2.5m	Rest
12	<b>Week 9</b>	35min Cross Train	2m Speed/Tempo	20min Cross Train	3.5m	Rest	3m	Rest
13	<b>Week 10</b>	30min Cross Train	2m Speed/Tempo	30min Cross Train	3m	Rest	3m	Rest
14	<b>Week 11</b>	30min Cross Train	2m Speed/Tempo	30min Cross Train	3.1m route	Rest	2m	Rest
15	<b>Week 12</b>	30min Cross Train	1.5m Speed/Tempo	30min Cross Train	2m	Rest	2m	Rest
16	<b>Week 13</b>	30min Cross Train	1.5m	30min Cross Train	1.5m	Rest	Rest	RACE!
17								
18	<b>Notes:</b>	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!						