

**I WANT TO SEE THIS CHART ON AUGUST 19!!!!**  
**THIRD YEAR RUNNER WEEKLY CALENDAR**  
**SUMMER 2019**

INSTRUCTIONS: I have included the amount of time in minutes you should run each day. If you want to cross train, a bike ride that is THREE TIMES as long can substitute. In the open space below the time, write in what you ACTUALLY do.

<b>WEEK</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>R</b>	<b>F</b>	<b>S</b>	<b>S</b>	<b>TOTAL</b>
WEEK 1 June 17-23	walk	20	30	walk	20	walk	50	120
WEEK 2 June 24-30	walk	20	30	15	20 6 min tempo	walk	55	140
WEEK 3 June 25-31	walk	20	30	15	20 4x hills	walk	55	140
WEEK 4 July 1-7	walk	30	35	20	30 fartlek	walk	65	180
WEEK 5 July 8-14	walk	20	30	15	20 8 min tempo	walk	55	140
WEEK 6 July 22-28	walk	25	40	25	30 6x hills	walk	70	190
WEEK 7 July 29-Aug 4	walk	30	45	30	35 fartlek	walk	75	215
WEEK 8 August 5-11	walk	30	50	30	40 10 min tempo	walk	80	240
WEEK 9 August 12-18	walk	30	45	25	35 fartlek	walk	65	190