

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.

WEEK	M	T	W	R	F	S	S	TOTAL
WEEK 1 June 17-23	rest	30	25	20	20 8 min tempo	rest	55	150
WEEK 2 June 24-30	rest	30	35	20	30 4x hills	rest	65	180
WEEK 3 June 25-31	rest	30	35	20	30 fartlek	rest	65	180
WEEK 4 July 1-7	rest	30	45	25	20 12 min tempo	15	75	225
WEEK 5 July 8-14	rest	30	35	20	20 7x hills	20	55	180
WEEK 6 July 22-28	rest	35	45	25	35 fartlek	20	80	240
WEEK 7 July 29-Aug 4	rest	45	30 am 30 pm	35	40 16 min tempo	30	60	270
WEEK 8 August 5-11	rest	45	30 am 30 pm	35	40 10x hills	30	80	300
WEEK 9 August 12-18	rest	45	30 am 30 pm	35	40 fartlek	rest	60	240