

① 5-12 mile per week
 Shapers! Goal - run 5 miles easy by end of summer
 - Complete a 5K with a good time

Jul 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Every Day! Dynamic stretches	2 2 x 800m runs	3 2 x 800m runs	4 4 x 400m runs - hard	5 2 x 800m runs	6 3 x 800m runs	7
8 static stretches 100 push ups 100 sit ups Plank	9 4 x 800m runs	10 1-mile run	11 6 x 400m runs - hard	12 3 x 800m runs	13 1-1200m runs	14
15	16 1 x 1200m run	17 6 x 400m runs hard	18 1-mile run	19 4 x 800m runs	20 1 x 1200m run	21
22	23 1.5 mile run	24 7 x 400m runs	25 1-mile run	26 4 x 800m runs	27 1 x 5 mile run	28
29	30 1-mile run	31 7 x 400m runs	1	2	3	4

①

Aug 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
			1.5 mile run	5 x 200m runs	2-mile run	
5	6	7	8	9	10	11
	2 miles	8 x 400m runs	1.5 mile run	5 x 800m runs	2 miles	
12	13	14	15	16	17	18
Fall sports start	2 miles	8 x 400m runs	2.5 mile run	5 x 800m runs	2 miles	
19	20	21	22	23	24	25
	3 miles	8 x 400m	2 miles	6 x 800m runs	2.5 miles	
26	27	28	29	30	31	1
	3 miles	8 x 400m	2.5 miles	6 x 800m	3.5 miles	

(2)

7-25 miles each

Goal: Run an easy 5 miles at a decent pace.
- Complete a 5K between 22-25 mins
- Run a sub 8 min mile

JUL 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Every Day: - Dynamic stretches - Static	2 2 miles E	3 1 mile H	4 2 miles E	5 1 mile H	6 2 miles E	7 2.5 miles E
8 Stretching	9 2.5 miles E	10 1 mile H	11 2 miles E	12 1.5 miles H	13 2 miles E	14 2.5 miles E
15 - 100 pushups - 100 situps - planks	16 3 miles E	17 1.5 miles H	18 2 miles E	19 1.5 miles H	20 2 miles M	21 3 miles E
22 - Warm up - 1 mile - Cool down - 1 mile	23 3 miles E	24 1.5 miles H	25 2 miles E	26 1.5 miles H	27 2.5 miles M	28 3.5 miles E
29	30 3.5 miles E	31 2 miles H	1	2	3	4

T 10.5

T 11.5

T 13

T 14

3

10-25 miles per week

Goal: run an easy 5 mile at a decent pace
- complete a 5K between 18-22 min
- run a sub 7 min mile

Jul 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Every day - Dynamic Stretches	2 2 miles E	3 1 mile H	4 2 miles E	5 1 mile H	6 2 miles E	7 3 miles E
8 - Static Stretches	9 2.5 miles E	10 1.5 miles H	11 2 miles E	12 1.5 miles H	13 2 miles M	14 3 miles E
15 - 100 pickups - 100 situps - planks	16 3 miles E	17 2 miles H	18 2 miles E	19 2.5 miles H	20 2 miles M	21 3 miles E
22 Warmup 1 mile Cool down 1 mile	23 3 miles E	24 2 miles H	25 2 miles E	26 2 miles H	27 2 miles M	28 3.5 miles E
29	30 3.5 miles E	31 2 miles H	1	2	3	4

T-11

T-12

T-13

T-14

3

Aug 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
			2.5 miles E	2.5 miles H	3 miles M	4 miles E
5	6	7	8	9	10	11
	3.5 miles E	2.5 miles H	3 miles E	2.5 miles H	3 miles M	4.5 miles E
12	13	14	15	16	17	18
Fall Sports Start.	4 miles E	3 miles H	3 miles E	3 miles H	3 miles M	5 miles E
19	20	21	22	23	24	25
	5 miles E	3.5 miles H	4 miles E	3 miles H	3.5 miles M	5 miles E
26	27	28	29	30	31	1
	6 miles E	4 miles H	4 miles E	4 miles H	4 miles M	5 miles E

T-17

T-18

T-19

T-24

T-27

④ 15-35 miles
a week

Goal: run 7-10 miles at a decent pace.
- Complete a 5K Sub 17:00
- run a sub 6 min mile

Jul 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Every Day! - Dynamic stretchers	2 3 miles E	3 1 mile H	4 2 miles E	5 1.5 miles H	6 1 mile M	7 4 miles E
8 - static stretchers	9 3 miles E	10 2 miles H	11 2 miles E	12 2 miles H	13 2 miles M	14 4 miles E
15 - 100 push ups - 100 sit ups - planks	16 4 miles E	17 2 miles H	18 3 miles E	19 2 miles H	20 2 miles M	21 5 miles E
22 warm up 1 mile Cool down 1 mile	23 4 miles E	24 2.5 miles H	25 3 miles E	26 2.5 miles H	27 2.5 miles M	28 5 miles E
29 5 miles	30 3 miles H	31	1	2	3	4

12.5

15

18

19.5

Aug 2018 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
			3 miles E	2.5 miles H	2.5 miles M	6 miles E
5	6	7	8	9	10	11
	5 miles E	4 miles H	3 miles E	3 miles H	3 miles M	7 miles E
12	13	14	15	16	17	18
	5 miles E	4 miles H	3 miles E	3 miles H	3 miles M	7 miles E
19	20	21	22	23	24	25
	6 miles E	4 miles H	4 miles E	4 miles H	3 miles M	8 miles E
26	27	28	29	30	31	1
	6 miles E	4 miles H	4 miles E	4 miles H	4 miles M	9 miles E

T 22

T 25

T 25

T 29

T 31

(4)