

## Aug 3-9 Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 3-9	30-60 minutes with 8 x :30 "sprint" with 1:30 jog in the last 20 minutes	Hilly run - 30-60' (if you feel good, push the uphill a little and use the downhill as recovery)	30-50 minutes EASY recovery run	30-60' with 8 x 100m stride after	20-25 minute tempo ((40-60' total running, including warmup & cooldown)	Long Run - 40-80 minutes (get on some hills if possible!	Off
Running							
Ancillary	8' Core, Stretching/mobility		8' Core, stretching/mobility		8' Core, stretching/mobility		

## July 27-Aug 2 Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 27-Aug 2	30-60' with 10 x :15 "sprint" with :45 jog in the last 10 minutes of run	Hilly run - 30-60'	30-50' + 8 x 100m strides on grass	Easy run - 30-60 minutes of Off	Fartlek ladder: 1, 2, 3, 4, 3, 2, 1 minute "intervals" with rest equal to the time of the interval just completed	Long Run - 40-80 minutes	Off
Running							
Ancillary	8' Core, Theraband exercises		8' Core, Theraband exercises		8' Core, Theraband exercises		

## July 20-26 Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 20-26	30-60' with 10 x :15 "sprint" with :45 jog in the last 10 minutes of run	Hilly run - 30-60'	30-50' + Theraband demo	Easy run - 30-60 minutes	Tempo Run - 20' (40-60' total running, including warmup & cooldown)	Long Run - 40-80 minutes	Off
Running							
Ancillary	8' Core, 10' Mobility		8' Core, 10' Mobility		8' Core, 10' Mobility		