

# June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 30 Min Easy	5 30 Min Easy	6 30 Min Easy	7 30 Min Easy	8 30 Min Easy	9
10	11 30 Min Easy	12 30 Min Easy	13 30 Min Easy	14 30 Min Easy	15 30 Min Easy	16
17 Week 3 Summer Practice Begins	18 Consol 30 Min Easy	19 Consol 30 Min Easy	20 Consol 20 Min Easy + 8 strides + 10 Min Easy	21 Consol 20 Min Easy + 8 Strides + 10 Min Easy	22 Consol 30 Min Easy	23
24 Week 4 45 Min Easy	25 Consol 30 Min Easy	26 Lick Creek 30 Min Easy	27 GB Wolf Pen 20 Min Easy + 8 Strides + 10 Min Easy	28 Consol 20 Min Easy + 8 Strides + 10 Min Easy	29 Lick Creek 30 Min Easy	

# July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week 5 45 min Easy	2 On Your Own 40 Min Easy	3 On Your Own 30 Min Easy	4 On Your Own 30 Min Easy	5 On Your Own 20 Min Easy + 8 strides	6 On Your Own 30 Min Easy	7
8 Week 6 45-60 Min Easy	9 Bee Creek 40 Min Easy	10 Lick Creek 30 Min Easy	11 Wolf Pen 30 Min Easy +8 strides + 10 Min Easy	12 GB Library 20 Min Easy + 8 Strides + 20 Min Easy	13 Bee Creek 40 Min Easy	14
15 2 <sup>nd</sup> Phase Week 1 45-60 Min Easy	16 Bee Creek 45 Min Easy	17 Lick Creek 30 Min Easy	18 Wolf Pen 30 Min Easy + 8 strides + 10 Min Easy	19 GB Library 30 Min Easy + 8 Strides + 20 Min Easy	20 Bee Creek 45 Min Easy	21

22 Week 2	23 Bee Creek 45 Min Easy	24 Lick Creek 30 Min Easy	25 Wolf Pen 30 Min Easy + 8 Strides + 10 Min Easy	26 GB Library 20 Min Easy + 8 Strides + 10 Min Easy	27 Lick Crrek 30 Min Easy	28
29 Week 2 45-60 Min Easy	30 Wolf Pen 6-8 x 400m Hills R Pace	31				

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Consol 2x6x200 400 jog between sets	2 Consol Library2x200, 2x600, 4x 400 R pace jog recovery	3 Lick Creek 30-40 Min Easy	4
5 Week 3 45-60 MinEasy	6 GB Library 6-8 x 400m Hills R Pace	7 Lick Creek 30 Min Easy	8 Consol 2x6x200	9 GB Library 30 Min Easy	10 Consol Midnight Deuce	11
12 Week 4 45-60 Min Easy	13 Consol 2x600,2x400 4x200	14 Consol 3x1mile T	15 Consol 30 MinEasy	16 Consol 20 Min Easy	17 1 <sup>st</sup> Meet @ Temple	18
19 45-60 Min Easy	20 Consol	21 Consol	22 Consol	23 Consol	24 Consol	25 Mud, Sweat, Tears @ Cooks Point
26 Week 2	27	28	29	30	31	

