

May 2013		SUMMER PRACTICE				S-SILVER B-BLUE W-WHITE	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
5	6 all-alternate 3 and 4 miles each day until the 26th	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20 S+B-3 MILES W-10 MINUTES	21 S+B-4 MILES W-15 MINUTES	22 S+B-3 MILES W-10 MINUTES	23 S+B-4 MILES W-20 MINUTES	24 S+B-3 MILES W-15 MINUTES	25 S+B-4 MILES W-25 MINUTES	
26 S+B-6 MILES W-20 MINUTES	27 S+B-5 MILES W-30 MINUTES Memorial Day	28 S+B-4 MILES W-25 MINUTES	29 S+B-5 MILES W-35 MINUTES	30 S+B-4 MILES W-3 MILES	31 S-5 MILES B-4 MILES W-4 MILES		

June 2013		SUMMER PRACTICE				S-SILVER B-BLUE W-WHITE	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 S-3 MILES FAST B-3 MILES FAST W-3 MILES	
2 S-4 MILES B-4 MILES W-35 MINUTES	3 S-5 MILES B-5 MILES W-4 MILES	4 S-4 MILES FAST B-4 MILES FAST W-3 MILES FAST	5 S-6 MILES B-6 MILES W-5 MILES	6 S-4 MILES B-4 MILES W-4 MILES	7 S-6 MILES W-6 MILES W-5 MILES	8 S-3 MILES FAST B-3 MILES FAST W-3 MILES	
9 S-50 MINUTES B-50 MINUTES W-40 MINUTES	10-SP SCHOOL PRACTICE STARTS ALL-4 MILES FAST WEIGHTS	11 S-5 MILES B-5 MILES W-4 MILES	12-SP S-6 MILES B-6 MILES W-5 MILES WEIGHTS	13-SP ALL-10 X 200 CORE	14 S-6 MILES B-6 MILES W-5 MILES	15 S-4 MILES FAST B-4 MILES FAST W-4 MILES FAST	
16 S-50 MINUTES B-50 MINUTES W-40 MINUTES	17-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	18 S-6 MILES B-6 MILES W-5 MILES	19-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	20-SP ALL-10 X 200'S CORE	21 S-6 MILES B-6 MILES W-5 MILES	22 S-5 MILES FAST B-5 MILES FAST W-4 MILES FAST	
23 S-55 MINUTES B-55 MINUTES W-45 MINUTES	24-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	25 S-6 MILES B-6 MILES W-5 MILES	26-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	27-SP ALL-10 X 200 CORE	28 S-6 MILES B-6 MILES W-5 MILES	29 S-5 MILES FAST B-5 MILES FAST W-4 MILES FAST	
30 S-60 MINUTES B-60 MINUTES W-55 MINUTES						SUMMER PRACTICE M,W,TH-6:30 P.M.	

FOR EXTRA DISTANCE-ADD 3 MILES IN THE MORNING

July 2013		SUMMER PRACTICE					S-SILVER B-BLUE W-WHITE
SP-SUMMER PRACTICE							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1-SP FARTLEK-4 MILES ALL WEIGHTS	2 S-6 MILES B-6 MILES W-5 MILES	3-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	4-SP ALL-10 X 200'S CORE	5 S-6 MILES B-6 MILES W-5 MILES	6 S-5 MILES FAST B-5 MILES FAST W-4 MILES FAST	
7 S-60 MINUTES B-60 MINUTES W-55 MINUTES	8-SP FARTLEK-5 MILES ALL WEIGHTS	9 S-6 MILES B-6 MILES W-5 MILES	10-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	11-SP ALL-10 X 200 CORE	12 S-6 MILES B-6 MILES W-5 MILES	13 S-5 MILES FAST B-5 MILES FAST W-4 MILES FAST	
14-Running Camp-III 19th All-60 MINUTES	15-SP FARTLEK-5 MILES ALL WEIGHTS	16 S-6 MILES B-6 MILES W-5 MILES	17-SP S-5 MILES B-5 MILES W-4 MILES WEIGHTS	18-SP ALL-10 X 200'S CORE	19 S-6 MILES B-6 MILES W-5 MILES	20 S-5 MILES FAST B-5 MILES FAST W-4 MILES FAST	
21- S-65 MINUTES B-65 MINUTES W-60 MINUTES	22-SP FARTLEK-6 MILES ALL	23 S-6 MILES B-6 MILES W-5 MILES	24-SP S-5 MILES B-5 MILES W-4 MILES	25-SP ALL-10 X 200'S CORE	26 ALL-50 MINUTES	27 S-6 MILES FAST B-6 MILES FAST W-5 MILES FAST	
28 S-70 MINUTES B-70 MINUTES W-65 MINUTES	29-SP FARTLEK-6 MILES ALL WEIGHTS	30 S- 5 MILES B-5 MILES W-4 MILES	31-SP S-FARTLEK-6 MI B-FARTLEK-5 MI W-5 MILES WEIGHTS				
						SUMMER PRACTICE M,W,TH-6:30 P.M.	

FOR EXTRA DISTANCE-ADD 3 MILES IN THE MORNING

August 2013		SUMMER PRACTICE					S-SILVER B-BLUE W-WHITE
SP-SUMMER PRACTICE							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1-SP ALL-10 X 200'S CORE	2 S+B-6 MILES W-5 MILES	3 S+B-5 MILES W-4 MILES	
4 S+B-70 MINUTES W-50 MINUTES	5-SP S-5 MILES B-5 MILES W-5 MILES WEIGHTS	6 S-6 MILES B-6 MILES W-4 MILES	7-SP S-FARTLEK-6 MI. B-FARTLEK-5 MI. W-5 MILES WEIGHTS	8-SP ALL-10 X 200'S CORE	9 S-6 MILES B-6 MILES W-5 MILES	10 S+B-5 MILES W-4 MILES	
11 ALL-10 MILES	12 OFFICIAL PRACTICE STARTS PRACTICE EVERY DAY	13	14 TIME TRIAL/ ALUMNI MEET	15	16	17	
18	19 FIRST DAY OF SCHOOL	20	21 SILVER-BLUE INTRASQUAD MEET	22	23	24	
25	26	27	28	29 llm/pdd	30	31	
						SUMMER PRACTICE M,W,TH-6:30 P.M.	

FOR EXTRA DISTANCE-ADD 3 MILES IN THE MORNING