

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HS-45 Minutes MS-Off	2 HS-2M T/4M D MS-2M T/2M D Sprints-6X100M	3 HS-1 Hour MS-45 Minutes Sprints-6X100M	4 Sprints-10X100M HS-45 Minutes MS-30 Minutes	5 HS-1 Hour MS-45 Minutes Sprints-6X100M	6 HS-1 Hour MS-45 Minutes Sprints-6X100M	7 HS-45 Minutes MS-30 Minutes Sprints-6X100M
8 HS-45 Minutes MS-Off	9 HS-3M SS/3M D MS-2M SS/2M D Sprints-6X100M	10 HS-1 Hour MS-45 Minutes Sprints-6X100M	11 Sprints-10X100M HS-45 Minutes MS-30 Minutes	12 HS-1 Hour MS-45 Minutes Sprints-6X100M	13 HS-1 Hour MS-45 Minutes Sprints-6X100M	14 HS-45 Minutes MS-30 Minutes Sprints-6X100M
15 HS-45 Minutes MS-Off	16 HS-4M SS/3M D MS-3M SS/2M D Sprints-6X100M	17 HS-1 Hour MS-45 Minutes Sprints-6X100M	18 Sprints-10X100M HS-45 Minutes MS-30 Minutes	19 HS-1 Hour MS-45 Minutes Sprints-6X100M	20 HS-1 Hour MS-45 Minutes Sprints-6X100M	21 HS-45 Minutes MS-30 Minutes Sprints-6X100M
22 HS-45 Minutes MS-Off	23 HS-3M T/4M D MS-3M T/2M D Sprints-6X100M	24 HS-1 Hour MS-45 Minutes Sprints-6X100M	25 Hills HS-45 Minutes MS-30 Minutes	26 HS-1 Hour MS-45 Minutes Sprints-6X100M	27 Sprints-10X100M HS-45 Minutes MS-30 Minutes	28 HS-45 Minutes MS-30 Minutes Sprints-6X100M
29 HS-45 Minutes MS-Off	30 HS-4M I/4M D MS-3M I/2M D Sprints-4X100M	31 HS-1 Hour MS-45 Minutes Sprints-6X100M				

D=DISTANCE PACE

**SS=STEADY STATE PACE/30
SECONDS PER MILE FASTER
THAN DISTANCE**

T=TEMPO PACE/I=INTERVAL

Abs-Mon, Wed, Fri

Plank-1 Minute 30 Seconds
Side Plank-45 Seconds Each
Bridge-1 Minute 30 Seconds
Plank-1 Minute 30 Seconds
Flutter Kick-45 Seconds

Strength-Tues and Thurs

Squats-30
Step ups-20 Each Leg
Frog Jumps-8
Tuck Jumps-8
Pushups-20