

June 2018

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

D=DISTANCE PACE

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

T=TEMPO PACE

May 14-June 4 Training

Run 5 miles at a quality distance pace 3-4 days a week. Do 6X100M sprints at the end

Abs-Mon, Wed, Fri

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

Strength-Tues and Thurs

Squats-20
Step ups-15 Each Leg
Frog Jumps-5
Tuck Jumps-5
Pushups-10