



SUMMER SCHEDULE

Week	Total Miles	Long Run	Workouts	Highlights
June 28th June 30th	3 miles		6/28 Centennial Park 4:30-5:30 6/30 Beaver Lake 4:30-5:30	
Week 1 July 3-9	5-20	3-5 miles	M 4:30-5:30 Beaver Lake Wed 8am Centennial F 4:30-5:30 Beaver Lake	Building Aerobic Capacity
Week 2 July 10-16	8-22	4-6 Miles	M 8am Centennial W 4:30 Centennial	Building Aerobic Capacity
Week 3 July 17-23	12-25	5-6 Miles	TBD	21st Rattlesnake Run
Week 4 July 24-31	15-30	5-8	TBD	July 26th Biathlon July 31st 5K
Week 5 Aug 1-Aug 6	18-32	5-7	School practice is not allowed. A Workout guide will be provided.	
Week 6 Aug 7-13	20- 35	5- 8		
Week 7 August 14-20	22-37	5-9		
Week 8	22-40	6-10		First Week of Official Practice!!!