

July-August 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Good pace V: 10- J.V. 8.0 Frosh: 3.0-4.0 Evening Practice TBA	7 Hills V: 10 – J.V. 8.0 Frosh: 3.0-4.0 Evening Practice TBA	8 Good pace run V: 10 (15 min tempo – 80%) J.V. 8.0 (12 min) 6-8 strides Frosh: 3.0-4.0 Evening Practice TBA	9 Easy Hills V: 10 J.V: 6.0 Frosh: 3.0-4.0 Evening Practice TBA	10 Good Pace V: 10 J.V.: 8.0 Frosh: 3.0-4.0 Evening Practice TBA	11 Rim Crest V: 12.0 (group) J.V. 8.0 Frosh: 3.0-4.0 Evening Practice TBA	12 OYO 62 mpw
13 Good pace V: 10- J.V. 8.0 Frosh: 3.0-4.0 Evening Practice TBA	14 Hills V: 10 – J.V. 8.0 Frosh: 3.0-4.0 Evening Practice TBA	15 Good pace run V: 10 (18 min tempo – 80%) J.V. 8.0 (12 min) 6-8 strides Frosh: 3.0-4.0 Evening Practice TBA	16 Easy Hills V: 10 J.V: 6.0 Frosh: 3.0-4.0 Evening Practice TBA	17 Good Pace V: 10 J.V.: 8.0 Frosh: 3.0-4.0 Evening Practice TBA	18 Brush Canyon V: 13.0 (group) J.V. 10 Frosh 4.0-5.0 Evening Practice TBA	19 OYO 63 mpw
20 Good pace V: 10- J.V. 9.0 Frosh: 3.0-4.0 Evening Practice TBA	21 Hills V: 10 – J.V. 8.0 Frosh: 3.0-4.0 Evening Practice TBA	22 1.5 mi Time Trial V: 10 J.V. 9 Frosh: 3.0-4.0 Evening Practice TBA	23 Easy Hills V: 10 J.V: 6.0 Frosh: 3.0-4.0 Evening Practice TBA	24 Good Pace V: 10 J.V.: 8.0 Frosh: 3.0-4.0 Evening Practice TBA	25 8mi Time Trial Rim Crest V: 11-12 J.V. 10 Frosh- 4.0-6.0 Evening Practice TBA	26 OYO 61-62 mpw
27 Good pace V: 10- J.V. 8.0 Frosh: 4.0-5.0 Evening Practice TBA	28 Hills V: 10 – J.V. 8.0 Frosh: 4.0-5.0 Evening Practice TBA	29 Good pace run V: 10 (20 min tempo – 80%) J.V. 8.0 (15 min) 6-8 strides Frosh: 4.0-5.0 Evening Practice TBA	30 Easy Hills V: 10 J.V: 6.0 Frosh: 4.0-5.0 Evening Practice TBA	31 Good Pace V: 10 J.V.: 8.0 Frosh: 4.0-5.0 Evening Practice TBA	1 Mammoth Evening Practice TBA	2 Mammoth Evening Practice TBA
3 Mammoth	4 Mammoth	5 Mammoth	6 Mammoth	7 Mammoth	8 Mammoth	9 TBA
10 TBA	11 TBA	12 TBA	13 TBA	14 TBA	15 TBA	16 TBA