

June 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Easy Run 5.0	2 Hills 5.0 Xfit	3 Easy Run 5.0 Strides	4 Easy Run 4.0 Legacy Dinner	5 Hills 5.0 Xfit	6 Easy Run JV 5 mi Varsity 6mi	7 OYO 29 mpw
8 Hills V: Watertwr 8 JV: Imperial 6	9 Easy Run 3.5	10 Easy Run 5.0 Strides	11 Easy Run 4.0 Strides	12 Time Trial V: 7.0 J.V.: 6.0	13 Easy Run V: 7 JV: 5	14 OYO 34.5 mpw
15 Start of unofficial practices. 7.0 - Core	16 Hills V: 7.0 JV: 5.0 Core	17 Good Pace Run V: 7.0 JV: 6.0 6-8 Strides	18 Easy Hills V: 7.0 JV: 6.0	19 Good Pace Run V: 6.0 JV: 5.0 6-8 strides - core	20 Easy Hills V: 8.0 J.V. 7.0	21 OYO Father's Day 42 mpw
22 Good pace V: 8.0 - J.V: 7.0 6-8 strides core	23 Easy Hills V: 8.0 J.V. 6.0 core	24 Good pace run V: 8.0 (10 min tempo – 80%) J.V. 7.0 (same) 6-8 strides	25 Easy Hills V: 7.0 J.V: 6.0	26 Easy V: 8.0 J.V.: 7.0	27 Good pace up the Hills focus on form V: 10.0 - JV 9.0	28 OYO 49 mpw
29 Good pace V: 9.0 - J.V: 7.0 6-8 strides core	30 Easy Hills V: 9.0 J.V. 6.0 core	1 Good pace run V: 9.0 (13 min tempo – 80%) J.V. 7.0 (10 min t) 6-8 strides	2 Easy Hills V: 9.0 J.V: 6.0	3 Easy V: 9.0 J.V.: 7.0	4 Independence Day Good pace up the Hills focus on form V: 11.0 - JV 9.0	5 56 mpw
6 First Day Summer Camp	7	8	9	10	11 Rim Crest V: 12.0 J.V. 8.0	12 60 mpw

The purpose of June is for the team to come together & For the leaders to step up and run the unofficial practices.

Call your teammates, get the mileage in. It's always better To run with someone else than to run alone or log a zero-Mileage day in your running log. The summer is where Teams are forged. Sacrifice for your teammates and Commit to the goal. By the first week of July you should Be shaping up.

Beginning July 6th, I expect my Varsity team to be able to

Handle 60 mpw on top of core shape. July and August

We will continue to build our mileage and increase

Our workload. There will be 6 am practices for the Varsity team and 7:30 Am practices for the JV team.

Starting July 6th, there will be optional varsity evening

Practices M-F at Esperanza HS where anyone can Attend, but varsity runners are expected to show up.

Commitment to the team and to the goal of being Ranked in Division 3 and running well at Mt. Sac

Through Commitment and Sacrifice We too can spend

Thanksgiving in Fresno.

Listen to Blake, and FS/new runners run 3.0-5.0 depending on Fitness level.