

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CIF DEAD PERIOD 2 JV/VG 33 VB 40	3 JV/VG 4-6 mi VB 6-7 mi 4-6 strides	4 JV/VG 4-5 mi VB 5-6 mi	5 JV/VG 3-5 VB 4-6	6 JV/VG 4-5 mi VB 6-7 mi 4-6 strides	7 JV/VG 4-5 mi VB 5-6 mi	8 JV/VG 6-7 mi VB 7-8 mi 4-6 strides
CIF DEAD PERIOD 9 Athlete-led Beginners 12-18 JV/Varsity Girls 36 Varsity Boys 45	10 B- 2-3 mi. JV/VG- 4-5 mi VB 6-8 mi	11 B 2-3 mi JV/VG 5-6 mi VB 6-7 mi	12 B 2-3 mi JV/VG 5-6 mi VB 6-7 mi	13 Progression run B 2-3 mi JV/VG 6-7 mi. VB 7-8 mi Progression (last 15-20 min)	14 B 2-3 mi JV/VG 4-5 mi VB 5-6 mi	15 B 2-3 mi JV/VG 7 mi VB 9mi; 4-6 strides
CIF DEAD PERIOD ENDS 16 Week 1 B 14-23 JV/VG 38 VB 49	17 First day of Summer Camp. 1.5mi TT B 2-4 mi JV/VG 7 mi VB 9 miles	18 B 2-3 mi JV/VG 5-6 mi VB 6-7 mi	19 B 2-4 mi JV/VG 4-5 mi VB 5-6 mi 4-6 strides	20 Fartlek workout B 2-4 JV/VG 7 miles VB 9 miles 8x 30 sec 1 on/off (2mi -> 1 mi pace)	21 B 2-3 JV/VG 4-5 VB 7-8 mi	22 B 4-5 mi JV/VG 8 mi VB 10 mi 4-6 strides
23 Week 2 B 18-27 JV/VG 40 VB 51	23 B 3-5 mi JV/VG 8 mi VB 10 mi Snake Run	25 B 3-4 mi JV/VG 5-6 mi VB 7-8 mi	26 Fartlek workout B 3-4 mi JV/VG 5-6 mi VB 7-8 mi 6x1 min on/off (2mi -> 1 mi pace)	27 B 3-5 mi JV/VG 5-6 mi VB 6-7 mi	28 B 2-3 mi JV/VG 4-5 mi VB 7-8 mi	29 Tempo workout B 4-6 mi JV/VG 8 mi VB 10 mi 4-6 strides
30 Week 3 (down) B 16-23 JV/VG 37 VB 48	1 B 3-4 JV/VG 7 mi VB 8 mi 4-6 strides	2 B 3-4 JV/VG 4-5 mi VB 7-8 mi	3 Tempo workout B 2-3 JV/VG 5-6 VB 7-8 mi Tempo/SS 15-20 min	4 B 3-4 JV/VG 3-4 mi VB 5-6	5 OYO B 2-3 JV/VG 4-5 mi VB 7-8 mi 4-6 strides	6 Hilly Run B 3-5 JV/VG 8 mi VB 10 mi 4-6 strides
7	8 2nd 1.5mi TT	9				