*Train hard, win easy..*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| Recov | 12 | Race | 1 | Aerobic | 2 | LT | 3 | Aerobic | 4 | Vo2 | 5 | Aerobic | 6 |
| Rest | | **First Day of Practice!**  **Time Trial**  *(Var - 6 mile Eve recov run)* | | **Morning:**  1 HIT + 8 miles  **Afternoon:**  3 miles | | **Morning:**  4x1000m + 3 miles  **Afternoon:**  4 miles | | **Morning:**  1 HIT + 8 miles  **Afternoon:**  4 miles | | **Morning:**  2x3 mile LT’s  **Afternoon:**  rest | | 10 miles | |
| TBD | 7 | TBD | 8 | TBD | 9 | TBD | 10 | TBD | 11 | TBD | 12 | TBD | 13 |
| **Rest** | | **Morning:**  1 HIT + 5 mile tempo + 4x200  **Afternoon:**  7 miles | | **Morning:**  10 miles  **Afternoon:**  Bike or Swim | | **Morning:**  1 HIT + 30 min Fartlek 2 on, 1 off + 3 miles  **Afternoon:**  4 miles | | **Morning:**  8 miles  **Afternoon:**  3 miles rec | | Time trial 2mile  5 mile cool | | 10 miles | |
| Rest | 14 | Tempo | 15 | Aerobic | 16 | Fartlek | 17 | Aerobic | 18 | LT | 19 | Aerobic | 20 |
| Rest | | **Morning:**  1 HIT + 5 mile tempo + 4x200  **Afternoon:**  7 miles | | **Morning:**  10 miles  **Afternoon:**  off | | **Morning:**  1 HIT + 30 min Fartlek 2 on, 1 off + 3 miles  **Afternoon:**  5 miles | | **Morning:**  10 miles  **Afternoon:**   3 miles rec | | **Morning:**  1 HIT + 5 miles  **Afternoon:**  4 miles recovery | | **Dripping Springs**  **JV/varsity long** | |
| Rest | 21 | Tempo | 22 | Aerobic | 23 | Fartlek | 24 | Aerobic | 25 | LT | 26 | Aerobic | 27 |
| Rest | | **Morning:**  1 HIT + 2x3mile tempos + 4x200  **Afternoon:**  3 miles | | **Morning:**  10 miles  **Afternoon:**  Bike or Swim | | **Morning:**  1 HIT + 30 min Fartlek 2 on, 1 off + 3 miles  **Afternoon:**  5 miles | | **Morning:**  10 miles  **Afternoon:**   Bike or Swim | | **Off Friday Night Lights Travel** | | 10miles | |
| Rest | 28 | 3:00 pm pra | 29 | Tempo | 30 | Aerobic | 31 | Vo2 | 1 | Aerobic | 2 | Aerobic | 3 |
| Rest | | **Morning:**  6 miles  1 HIT + 8 mile  **Afternoon:**  4 miles | | **Morning:**  4 mile tempo run + 4x200  **Afternoon:**  6 miles | | **After:** 1 HIT + 7 Miles | | **Morning:**  4x1000m + 3 miles  **Afternoon:** 5 miles | | **Morning:**  5 miles x 4X120 striders | | San Marcos + 6 miles | |
| Rest | 4 | MSAC WO | 5 | Aerobic | 6 | Fartlek | 7 | Aerobic | 8 | LT | 9 | Aerobic | 10 |
| Rest | | **Morning:**  8 miles  1 HIT + 10xhill sprints + | | **Morning:**  6 miles  Strength | | **Morning:**  7 miles  **Afternoon:**  1 HIT +  3x5,5,5 + 4x200 | | **Midway top 14 + 6** | | **Morning:**  6 miles or rest 1 HIT + 30 min Fartlek - 2 on, 1 off | | ST Andrews /10 miles | |