*Train hard, win easy..*

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| --- | --- | --- | --- | --- | --- | --- |
| **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 2mile5 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 miles1 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 miles1 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 rest1 HIT + 30 min Fartlek - 2 on, 1 off  | ST Andrews /10 miles |