

Week 1 & 2 Training Schedule

	A	A Girls/A-	B	C	D	E
Mon 6/27	4-5 miles P: 7:15	4 miles P: 7:40	3 miles P: 8:10	2 miles P: 8:40	20 min	10-15 min
Tue 6/28	35 min P: 7:15	30 min P: 7:40	26 min P: 8:10	22 min P: 8:40	18 min	10-15 min
Wed 6/29	RUN 10-15 min + Activity (Biking, Swimming, Hiking, Sports)					
Thu 6/30	35 min P: 7:15	30 min P: 7:40	26 min P: 8:10	22 min P: 8:40	18 min	10-15 min
Fri 7/1	27 min P: 7:15	24 min P: 7:40	20 min P: 8:10	18 min P: 8:40	15 min	10-15 min
Sat 7/2 (Opt)	40 min P: 7:15	30 min P: 7:40	28 min P: 8:10	24 min P: 8:40	20 min	10-15 min
Mon 6/27	5-6 miles P: 7:15	4-5 miles P: 7:40	3 miles P: 8:10	2 miles P: 8:40	20 min	10-15 min
Tue 6/28	40 min P: 7:15	30 min P: 7:40	28 min P: 8:10	24 min P: 8:40	20 min	10-15 min
Wed 6/29	RUN 10-15 min + Activity (Biking, Swimming, Hiking, Sports)					
Thu 6/30	40 min P: 7:15	30 min P: 7:40	28 min P: 8:10	24 min P: 8:40	20 min	10-15 min
Fri 7/1	30 min P: 7:15	25 min P: 7:40	21 min P: 8:10	18 min P: 8:40	15 min	10-15 min
Sat 7/2 (Opt)	40 min P: 7:15	30 min P: 7:40	28 min P: 8:10	24 min P: 8:40	20 min	10-15 min

Daily Routine

Begin with Drills/Active Warm Up
Light Stretching (if necessary)
Workout
Three Sets
Strides
Ladders
Strength Workout (if access)
Additional Workouts (Swim/Bike Workouts)