

WinCalendar						
May 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
		x-train	Post Run Strides 6 x 15 secs 3 to 5	optional 2 to 3	x-train	4 to 7
22	23	24	25	26	27	28
rest	2 to 3	x-train	Pickups 6-10 x 30 seconds w 1 min rest 3 to 5	optional 2 to 3	x-train	5 to 8

WinCalendar						
June 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
rest	3 to 4	x-train	1 Pickups 10 x 15 sec during the run w 1 min rest 3 to 5	optional run 3 to 4	x-train	6 to 8
5	6	7	8	9	10	11
rest	3 to 5	x-train	Intervals 4 to 6 x 1/4 mile with 1/4 jog 4 to 6	optional run 3 to 4	x-train	5 to 7
12	13	14	15	16	17	18
rest	3 to 4	x-train	Post Run Strides 6 x 15 seconds 3 to 5	optional run 3 to 4	x-train	race or 6 to 8 miles
19	20	21	22	23	24	25
Gary Papa 5k 4 to 7	3	x-train	Intervals 4 to 6 x 1 minute with 1 minute rest 3 to 5	optional run 3 to 4	x-train	5 to 7

WinCalendar						
July 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
rest	3 to 5	x-train	Tempo 1 to 3 miles at a harder pace (85%) 4 to 6	optional run 3 to 4	x-train	6 to 8
3	4	5	6	7	8	9
rest	3 to 5	x-train	Intervals 6 to 8 x 1 minute with w min rest 3 to 6	optional run 3 to 5	x-train	6 to 10
10	11	12	13	14	15	16
rest	3 to 5	x-train	Fast Finish Last 1 to 2 miles hard! 4 to 6	optional run 3 to 5	x-train	7 to 11
17	18	19	20	21	22	23
rest	3 to 4	x-train	Pickups 6-10 x 30 seconds w 1 min rest 4 to 6	optional run 3 to 4	x-train	5 to 7
24	25	26	27	28	29	30
rest	3	x-train	Post Run Strides 6 x 15 seconds 3	optional run 3	x-train	Rainbow Ridge 5k 4 to 6