Beginner Level

| Week May 24 | $\begin{gathered} \text { Mon } \\ \text { easy } \\ 3 \end{gathered}$ | Tues speed 2-400s | Wed easy 3 | Thur <br> tempo <br> 4 | $\begin{gathered} \text { Fri } \\ \text { off } \\ 0 \end{gathered}$ | Sat <br> pace <br> 4 | Sun <br> long <br> 8 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| May 31 | easy/off 0-3 | speed $3-400 \mathrm{~s}$ | $\begin{aligned} & \text { easy } \\ & 3 \end{aligned}$ | $\begin{aligned} & \text { tempo } \\ & 5 \end{aligned}$ | $\begin{gathered} \text { off } \\ 0 \end{gathered}$ | $\begin{gathered} \text { pace } \\ 5 \end{gathered}$ | $\begin{gathered} \text { long } \\ 9 \end{gathered}$ |
| June 7 | $\begin{gathered} \text { easy/off } \\ 0-3 \end{gathered}$ | speed 2-800s | $\begin{gathered} \text { easy } \\ 3 \end{gathered}$ | tempo $4$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | $\begin{gathered} \text { pace } \\ 6 \end{gathered}$ | $\begin{aligned} & \text { long } \\ & 8 \end{aligned}$ |
| June 14 | easy/off $0-3$ | speed $2-800 \mathrm{~s}$ | $\begin{gathered} \text { easy } \\ 3 \end{gathered}$ | $\begin{aligned} & \text { tempo } \\ & 5 \end{aligned}$ | $\begin{aligned} & \text { off } \\ & 0 \end{aligned}$ | pace $5$ | $\begin{aligned} & \text { long } \\ & 10 \end{aligned}$ |
| Jun 21 | $\begin{gathered} \text { easy/off } \\ 3 \end{gathered}$ | $\begin{array}{r} \text { speed } \\ 3-800 \mathrm{~s} \end{array}$ | $\begin{aligned} & \text { easy } \\ & 3 \end{aligned}$ | $\begin{aligned} & \text { tempo } \\ & 6 \end{aligned}$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | $\begin{gathered} \text { pace } \\ 6 \end{gathered}$ | $\begin{aligned} & \text { long } \\ & 11 \end{aligned}$ |
| Jun 28 | $\begin{gathered} \text { easy/off } \\ 0-3 \end{gathered}$ | speed <br> 3-800s | easy | tempo | $\begin{aligned} & \text { easy } \\ & 3 \end{aligned}$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | $\begin{array}{r} \text { race } \\ 10-15 \mathrm{~K} \end{array}$ |
| July 5 | easy/off <br> 0-3 | $\begin{array}{r} \text { speed } \\ 4-800 \mathrm{~s} \end{array}$ | $\begin{gathered} \text { easy } \\ 3 \end{gathered}$ | tempo $6$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | $\underset{5}{\text { pace }}$ | $\begin{aligned} & \text { long } \\ & 12 \end{aligned}$ |
| July 12 | easy/off <br> 0-4 | $\begin{aligned} & \text { speed } \\ & 4-800 \mathrm{~s} \end{aligned}$ | $\begin{gathered} \text { easy } \\ 4 \end{gathered}$ | $\begin{gathered} \text { tempo } \\ 5 \end{gathered}$ | $\begin{aligned} & \text { easy } \\ & 3 \end{aligned}$ | $\begin{gathered} \text { pace } \\ 5 \end{gathered}$ | $\begin{aligned} & \text { long } \\ & 13 \end{aligned}$ |
| July 19 | $\begin{aligned} & \text { easy/off } \\ & 0-4 \end{aligned}$ | $\begin{gathered} \text { speed } \\ 5-800 \mathrm{~s} \end{gathered}$ | $\begin{aligned} & \text { easy } \\ & 4 \end{aligned}$ | $\begin{aligned} & \text { tempo } \\ & 5 \end{aligned}$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | $\begin{gathered} \text { easy } \\ 6 \end{gathered}$ | $\begin{aligned} & \text { long } \\ & 10 \end{aligned}$ |
| July 26 | easy/off $0-4$ | speed $5-800 \mathrm{~s}$ | easy $4$ | $\begin{aligned} & \text { tempo } \\ & 7 \end{aligned}$ | rest $0$ | pace $7$ | long $14$ |
| Aug 2 | easy/off $0-4$ | speed $6-800 \mathrm{~s}$ | easy | $\begin{gathered} \text { tempo } \\ 8 \end{gathered}$ | ${ }_{0}^{\text {rest }}$ | pace | $\begin{aligned} & \text { long } \\ & 10 \end{aligned}$ |
| Aug 9 | easy/off | speed $6-800 \mathrm{~s}$ | $\begin{gathered} \text { easy } \\ 4 \end{gathered}$ | $\begin{gathered} \text { tempo } \\ 6 \end{gathered}$ | $\underset{5}{\text { easy }}$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | $\begin{gathered} \text { race } \\ 20-25 \mathrm{~K} \end{gathered}$ |
| Aug 16 | $\begin{gathered} \text { easy/off } \\ 0-5 \end{gathered}$ | speed <br> 7-800s | $\underset{4}{\text { easy }}$ | $\underset{8}{\text { tempo }}$ |  | $\begin{aligned} & \text { pace } \\ & 10 \end{aligned}$ | $\begin{aligned} & \text { long } \\ & 18 \end{aligned}$ |
| Aug 23 | easy/off 0-5 | speed 7-800s | easy $5$ | $\begin{gathered} \text { tempo } \\ 6 \end{gathered}$ | $\begin{aligned} & \text { easy } \\ & 5 \end{aligned}$ | $\begin{aligned} & \text { easy } \\ & \hline \end{aligned}$ | long |
| Aug 30 | easy/off $0-5$ | speed $8-800 \mathrm{~s}$ | easy | tempo $9$ | $\begin{aligned} & \text { rest } \\ & 0 \end{aligned}$ | ${ }_{9}{ }_{9}^{\text {pace }}$ | $\begin{aligned} & \text { long } \\ & 20 \end{aligned}$ |
| Sep 6 | $\begin{gathered} \text { easy/off } \\ 0-5 \end{gathered}$ | speed 9-800s | $\begin{gathered} \text { easy } \\ 5 \end{gathered}$ | $\begin{gathered} \text { tempo } \\ 8 \end{gathered}$ | $\begin{gathered} \text { rest } \\ 0 \end{gathered}$ | $\begin{array}{r} \text { easy } \\ 4-5 \end{array}$ | race $12$ |
| Sep 13 | easy/off $0-4$ | speed $8-400 \mathrm{~s}$ | easy | $\begin{gathered} \text { tempo } \\ 8 \end{gathered}$ | $\begin{gathered} \text { easy } \\ 3 \end{gathered}$ | $\begin{aligned} & \text { easy } \\ & 5 \end{aligned}$ | $\begin{aligned} & \text { long } \\ & 8 \end{aligned}$ |
| Sep 20 | easy/off $0-3$ | speed <br> 4-400s | $\begin{aligned} & \text { easy } \\ & 0-3 \end{aligned}$ | $\begin{gathered} \text { rest } \\ 0 \end{gathered}$ | $\begin{aligned} & \text { rest } \\ & 1-3 \end{aligned}$ | Marathon |  |

