

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
4 miles 24	3 miles core 25	5 miles 26	3 miles core 27	5 miles 28	3 miles core 29	7 miles (long) 30
3 miles *recovery 31						

June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 cross 1 hr. core	2 5 miles	3 3 miles core	4 5 miles	5 3 miles core	6 7 (long)
7 3 miles *recovery	8 cross 1 hr. core	9 4 miles strides 5x	10 5 miles *last 2 tempo core	11 5 miles strides 5x	12 3 miles core	13 8 (long)
14 3 miles *recovery	15 cross 1 hr. core	16 4 miles strides 5x	17 6 miles core	18 5 miles strides 5x	19 4 miles core	20 8 (long)
21 3 miles *recovery	22 cross 1 hr. core	23 6 miles strides 5x	24 5 miles core	25 6 miles strides 5x	26 5 miles core	27 8 (long)
28 3 miles *recovery	29 cross 1 hr. core	30 6 miles strides 6x				

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			5 miles core 1	6 miles strides 6x 2	OFF 3	9 (long) 4
3 miles *recovery 5	cross 1 hr. core 6	7 miles *tempo last 2 7	6 miles easy strides 6x core 8	6 miles *fartlek 9	5 miles easy 10	10 (long) 11
3 miles *recovery 12	cross 1 hr. core 13	7 miles *tempo last 2 14	6 miles easy 15	6 miles *fartlek 16	6 miles core 17	9 (long) 18
3 miles *recovery 19	cross 1 hr. core 20	7 miles *tempo last 2 21	6 miles strides 8x 22	6 miles *fartek 23	4 miles easy core 24	9 (long) 25
4 miles recovery 26	5 miles easy 27	7 miles core 28	OFF 29	7 miles core 30	6 easy 31	

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						10 (long) 1
OFF or 3 recovery 2	**First Official Practice!! 3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		