

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
24 3 miles	25 3 miles core	26 3 miles	27 4 miles	28 3 miles core	29 OFF	30 5 (long)
31 4 miles recovery core						

June 2015

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

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 4 miles core	2 5 miles strides 6x	3 OFF	4 7 (long)
5 4 miles recovery	6 5 miles core	7 5 miles strides 6x	8 6 miles *fartlek	9 5 miles strides 6x	10 OFF	11 7 (long)
12 4 miles recovery	13 5 miles core	14 5 miles strides 6x	15 6 miles *fartlek	16 5 miles strides 6x	17 4 miles *tempo last 1.5 miles	18 6 (long)
19 4 miles recovery	20 5 miles strides 6x core	21 4 miles	22 6 miles *fartlek	23 4 miles strides 6x	24 4 miles easy	25 7 (long)
26 4 miles recovery	27 cross or off	28 5 miles	29 5 miles *fartlek	30 6 miles core	31 5 miles easy	6 (long)

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
OFF or 3 recovery	2	3 First Day Official Practice!	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		