|  |  |
| --- | --- |
| August |  |
|  | 2020 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 22 |
|  | 1st day of practice  4 miles distance | 3 miles distance  Core work | 4 miles distance | 3 miles distance  Core work | 1 ½ mile warm up  4 hill repeats  1 ½ mile cool down | rest |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| rest | 1/2 mile warm up  6 X 400  1/2 mile cool down | 4 miles distance  Core work | 1 mile warm up  3 X 1000  1 mile cool down | 3 miles distance  Core work | ½ mile warm up  2 mile timed run  ½ mile cool down | rest |
| 30 | 31 |  |  |  |  |  |
| rest | 1/2 mile warm up  7 X 400  1/2 mile cool down |  |  |  |  |  |