

# 2016 August Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01-Aug	off or up to 60	6-5-4-3-2-3x1 / 2	up to 60	5 x 4/2 + hill sprints	off or up to 60	2 x 20 tempo + 3 x 300	up to 1:45
08-Aug	off or up to 60	(3 x 5+2)/3 + hill sprints	up to 60	5 + 12 x 1/1 + 5	off or up to 60	30 tempo + 400-300-200	up to 1:45
15-Aug	off or up to 60	(5-2-4-2-5-2-4-20 / 2	up to 60	6 x 3/2 + hill sprints	off or up to 60	35 tempo + 5 x 200	up to 1:45
22-Aug	off or up to 60	(3 x 5+2)/3+ hill sprints	up to 60	5 + 12 x 1/1 + 5	off or up to 60	WN tempo 30 + Hill Sprints	up to 1:45
29-Aug	off or up to 60	Hill Loops 20 + hill sprints	up to 60	6 x 3/2 + 4 x 200 grad hills	off or up to 60	WN tempo 30 + Hill Sprints	up to 1:45
05-Sep							
12-Sep							

1. Numbers are minutes running. These are suggested maximums for most people, but the senior athletes may choose to exceed these guidelines if they feel good
2. Run at least 5 days per week,
3. It's ok to supplement with schedule with other EZ aerobic exercise like cycling, swimming, elliptical, etc.
4. The focus of August is volume - slow down if you need to. Try to get the miles and minutes in!