

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 3 Miles at Easy Pace	14 3-5 Miles at Easy Pace	15 3 Miles at Easy Pace	16 3-5 Miles at Easy Pace	17 3-5 Miles at Easy Pace	18 3 Miles at Easy Pace (18-24 miles)
19	20 3 Miles at Easy Pace	21 4-6 Miles at Easy Pace	22 3 Miles at Easy Pace 4x100 Meter Strides	23 3-5 Miles at Easy Pace	24 3-5 Miles at Easy Pace 4x100 Meter Strides	25 3 Miles at Easy Pace (19.5-25.5 Miles)
26	27 5 Miles at Easy Pace	28 3-5 Miles at Easy Pace 4x100 Meter Strides	29 4-6 Miles at Easy Pace	30 3 Miles at Easy Pace 4x100 Meter Strides		