

JUNE 2018

TRAINING PROGRAM



SUN	MON	TUE	WED	THU	FRI	SAT
	28 Rest	29 3 mile run	30 3 mile paced run	31 3 mile run	01 Rest	02 3 mile group run Location: YMCA
03 60 minutes of cross-training/other exercise	04 Rest	05 3 mile run	06 3 mile paced run	07 3 mile run	08 Rest	09 4 mile group run Location: YMCA
10 60 minutes of cross-training/other exercise	11 Rest	12 3 mile run	13 4 mile run	14 3 mile run	15 Rest	16 5 mile group run Location: YMCA
17 60 minutes of cross-training/other exercise	18 Rest	19 3 mile run	20 4 mile paced run	21 3 mile run	22 Rest	23 6 mile group run Location: YMCA
24 60 minutes of cross-training/other exercise	25 Rest	26 3 mile run	27 4 mile run	28 3 mile run	29 Rest	30 5K group run Location: Portage Park

JULY 2018

TRAINING PROGRAM




SUN	MON	TUE	W ED	THU	FRI	SAT
01	02 Rest	03 3 mile run	04 4 mile paced run	05 3 mile run	06 Rest	07 Deer River Wild Rice 10k Location: Deer River High School
08 60 minutes of cross-training/other exercise	09 Rest	10 3 mile run	11 5 mile run	12 3 mile run	13 Rest	14 8 mile group run Location: Portage Park
15 60 minutes of cross-training/other exercise	16 Rest	17 3 mile run	18 5 mile paced run	19 3 mile run	20 Rest	21 9 mile group run Location: Portage Park
22 60 minutes of cross-training/other exercise	23 Rest	24 3 mile run	25 5 mile run	26 3 mile run	27 Rest	28 10K group run Location: Portage Park
29 60 minutes of cross-training/other exercise	30 Rest	31 3 mile run				

AUG 2018

TRAINING PROGRAM



SUN	MON	TUE	W ED	THU	FRI	SAT
			01 5 mile run	02 3 mile run	03 Rest	04 10 mile group run Location: Portage Park
05 60 minutes of cross-training/other exercise	06 Rest	07 3 mile run	08 5 mile run	09 3 mile run	10 Rest	11 11 mile group run Location: Portage Park
12 60 minutes of cross-training/other exercise	13 Rest	14 3 mile run	15 4 mile run	16 3 mile run	17 Rest	18 12 mile group run Location: Portage Park
19 60 minutes of cross-training/other exercise	20 Rest	21 3 mile run	22 2 mile paced run	23 2 mile slow run	24 Rest	25  Running the Rapids 13.1K
26 REST AND CELEBRATE!	27	28	29	30	31	

