

15-Jun	Saturday	Gold 10 miles, Silver 8 miles, Bronze 5 miles Stay on soft surfaces--explore all trails					Koteewi
Week 3							
16-Jun	Sunday	4 Mile Run					
	Monday	Steady Run--Gold-7 Miles, Silver 6 miles, Bronze 4 Miles Gold--5K Course-2 Mile School Block-3K Course. Silver--5K Course X 2, Bronze 5K course Plus 1st mile.		Dirty Dozen Monday	Back Stretches		WRE
	Monday 5:30 PM	Hills--Boulder Hill WUP 2 Miles and Drills 8x200 Hill, CD 2 Mile	@ Potters Woods	Meet at Bridge			Potters Woods
	TUESDAY	Twilight Meet runners should run the same time/distance					WRE
	Arrive 5:45 PM	2 Mile WUP/Strides/Partner 3x1600 each, 2 Mile CD			Hip Stretches		
	Wednesday	Gold 6 Mile Progression, Silver 5 Mile Progression, Bronze 4 Mile Progression and 8x100 Strides/100 jogs			Back Stretches		
	Thursday	Recovery Gold-6 Miles , Silver 5 Miles, Bronze 4 Miles		Thunder Thursday	Hip Stretches		Forest Park
	Thursday 5:30 PM	Gold-- Northview Course meet near Maintenance Building 2 Mile WUP Church Hill 6x's with jog back, 2 Miles Progression					Northview
	Friday	Gold--8 Miles Steady-Silver 7 Miles, Bronze 4 Miles Thursday Night Group--Recovery 5			Back Stretches		WRE
	Saturday	Gold 10 miles, Silver 8 miles, Bronze 5 miles Stay on soft surfaces--explore all trails					Koteewi Park
Week 4							
		Moratorium Week 1--Veterans will lead workouts--no Coach Contact		All locations AM Forest Park. PM at Potters Bridge			
23-Jun	Sunday	5 Mile run					
	Monday	Steady run--Gold 8 miles, Silver 7 miles, Bronze 5 miles					Forest Park
	Monday 5:30 PM	Hills--Boulder Hill WUP 2 Miles and Drills 8x200 Hill, 2 mile CD		Meet @ Bridge			Potters Bridge
	TUESDAY						
	Arrive 5:30 PM	Gold: 2 Miles easy + 4x 800 @3200 pace, 800 easy (4M) + 2 Miles easy all on Trail Silver and Bronze 2 Miles easy+ 3x800@3K pace,800 easyt (3M) + 1 mile easy on Trail			5:30 PM Hip Stretches		Potters Bridge
	Wednesday	Gold 6 Mile Progression, Silver 5 Mile Progression, Bronze 4 Mile Progression and 8x100 Strides/100 jogs			Back Stretches		
	Thursday	Gold: 2 Mile WUP, 6x 800 continuous hilly loop (1,3,5 Hard, 2,4,6 easy) 2 Mile Progression Run Silver and Bronze 2 Mile WUP 4x800 continuous hilly loop (1,3 Hard, 2, 4 easy) 2 Mile run		Thunder Thursday	Hip Stretches		Forest Park
	Thursday 5:30 PM	Gold: 1 Mile WUP, Drills 4 Mile at Good Tempo effort/CD 1 mile Rolling Course Meet near Maintance Building Top of Hill					Northview
	Friday	Gold--8 Miles Steady-Silver 7 Miles, Bronze 4 Miles Thursday Night Group--Recovery 5			Back Stretches		Forest Park
	Saturday	ON YOUR OWN Gold 11 miles, Silver 8 miles, Bronze 6 miles					OYO
Week 5							
		Moratorium Week--Veterans will Lead workouts	No Coach Contact	All locations AM Forest Park. PM at Potters Bridge			
30-Jun	Sunday	5 Mile run					
	Monday	Steady run--Gold 8 miles, Silver 7 miles, Bronze 5 miles					Forest Park
	Monday 5:30 PM	Hills--Boulder Hill WUP 2 Miles and Drills 8x200 Hill, 2 mile CD		Meet @ Bridge			Potters Bridge
	TUESDAY						
	Arrive 5:30 PM	Gold: 2 Miles easy + 4x 800 @3200 pace, 800 easy (4M) + 2 Miles easy all on Trail Silver and Bronze 2 Miles easy+ 3x800@3K pace,800 easyt (3M) + 1 mile easy on Trail			5:30 PM Hip Stretches		Potters Bridge
	Wednesday	Gold 6 Mile Progression, Silver 5 Mile Progression, Bronze 4 Mile Progression and 8x100 Strides/100 jogs			Back Stretches		
	Thursday	Gold: 2 Mile WUP, 6x 800 continuous hilly loop (1,3,5 Hard, 2,4,6 easy) 2 Mile Progression Run Silver and Bronze 2 Mile WUP 4x800 continuous hilly loop (1,3 Hard, 2, 4 easy) 2 Mile run		Thunder Thursday	Hip Stretches		Forest Park
	Thursday 5:30 PM	Gold: 1 Mile WUP, Drills 4 Mile at Good Tempo effort/CD 1 mile					Northview

		<i>Rolling Course Meet near Maintance Building Top of Hill</i>					
Friday		<i>Gold--8 Miles Steady-Silver 7 Miles, Bronze 4 Miles</i>					Forest Park
		Thursday Night Group--Recovery 5				Back Stretches	
Saturday		ON YOUR OWN Gold 11 miles, Silver 8 miles, Bronze 6 miles					OYO
Week 6							
7-Jul	Sunday:	5 Mile Run					
	Monday	Steady run--Gold 8 miles, Silver 7 miles, Bronze 5 miles					WRE
	Monday 5:30 PM	<i>Hills--Boulder Hill WUP 2 Miles and Drills 9x200 Hill, 2 mile CD</i>			<i>Meet at Bridge</i>		<i>Potters Bridge</i>
	Tuesday 5:30 PM	<i>Twilight Meet runners should run the same time/distance</i>					<i>WRE</i>
	Arrive 5:45 PM	2 Mile WUP/Strides/5K RACE, 2 Mile CD				Hip Stretches	
	Wednesday	Gold 6 Mile Progression, Silver 5 Mile Progression, Bronze 4 Mile Progression and 8x100 Strides/100 jogs					
						Back Stretches	
	Thursday	Gold: 2 Mile WUP, 6x 800 continuous hilly loop (1,3,5 Hard, 2,4,6 easy) 2 Mile Progression Run Silver and Bronze 2 Mile WUP 4x800 continuous hilly loop (1,3 Hard, 2, 4 easy) 2 Mile run			Thunder Thursday	Hip Stretches	Forest Park
	Thursday 5:30 PM	<i>Gold: 1 Mile WUP, Drills 4 Mile at Good Tempo effort/CD 1 mile</i>					<i>Northview</i>
		<i>Rolling Course Meet near Maintance Building Top of Hill</i>			Vary course--Use South loop		
	Friday	<i>Gold--8 Miles Steady-Silver 7 Miles, Bronze 4 Miles</i>					WRE
		Thursday Night Group--Recovery 5				Back Stretches	
	Saturday	ON YOUR OWN Gold 11 miles, Silver 8 miles, Bronze 6 miles			JV 65+ minutes		Morse?
Week 7							
14-Jul	Sunday:	Easy Run					
15-Jul	Monday AM	Camp Time Trial 5K 17:50 Auto Standard to Achieve Clifty Falls Camp Invitation				Hips	
	Monday PM	<i>Gold Recovery run 5 Miles</i>			<i>Meet at Bridge</i>		<i>Potters Bridge</i>
	Tuesday	<i>Gold 6 Miles, Silver and Bronze 5 Miles</i>				Back Stretches	<i>WRE</i>
	Wednesday	Gold: 2 Mile Run + 5K of 200 @5K pace, 200 easy+ 2 Miles steady Silver: 2 Mile Run + 4K of 200@5K pace/200 easy + 1 Mile steady				Core	
	Thursday AM	Gold 6 Miles, Silver & Bronze 5 Miles					
	Thursday PM	<i>Gold: 1 Mile WUP, Drills 4 Mile at Good Tempo effort/CD 1 mile</i>					<i>Northview</i>
		<i>Rolling Course Meet near Maintance Building Top of Hill</i>					
	Friday	<i>Gold--8 Miles Steady-Silver 7 Miles, Bronze 4 Miles</i>					OYO
		Thursday Night Group--Recovery 5				Back Stretches	
	Saturday	On Your Own: Gold 11 Miles, Silver 8 Miles, Bronze 6 Miles					OYO
WEEK 8							
21-Jul	Sunday	Recovery Day--or easy bike ride					
	Monday	White River Campground Camp Day 1 7:00 AM					WRE
	Monday 4:00PM	<i>White River Campground Practice #2</i>			<i>Potters Bridge</i>		<i>Potters Bridge</i>
	Tuesday AM	White River Campground practice Clifty Departure 10:00 AM					WRE
	Tuesday 4:00 PM	Clifty Falls Camp Practice #1					WRE
	Wednesday AM	Clifty Falls Practice #2					
	Wednesday PM	Clifty Falls Practice #3				Hips	Forest Park
	Thursday AM	<i>Clifty Falls Long Run Practice #4</i>					<i>Northview</i>
	Friday	On Your own				Back	

	Saturday	Own Your own		JV 65+ minutes		OYO	
	Week 9	Tentative--Tentative					
	28-Jul Sunday	Rest--jog easy- stretch--Bike					
	29-Jul Monday	IHSAA Season Begins Mandatory Practice	4:00-6:00		Outside Gate 17 Meet Coach Graham		
		Physicals Completed& on File/Impact Test Done	Mandatory				
	30-Jul Tuesday		4:00-6:00		Outside Gate 17		
	31-Jul Wednesday		4:00-6:00				
	1-Aug	First Day of School	4:00-6:00				
	2-Aug						