

July 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-------------------|---|------------------|--|------------------------------|--------------------|
| Rest 1 | Cross Training 2 | Progression Workout 3 | 30-45 min run 4 | Tempo Run 5 | 30 min run or cross train 6 | 80 min long run 7 |
| Rest 8 | Cross Training 9 | Track 5x400 Hill Workout Team Prac 6:45-8am 10 | 30-45 min run 11 | Fartlek/Tempo Team Prac 6:45-8am 12 | 30 min run or cross train 13 | 85 min long run 14 |
| Rest 15 | Cross Training 16 | Mile Repeats Team Prac 6:45-8am 17 | 30-45 min run 18 | Fartlek/Tempo Team Prac 6:45-8am 19 | 30 min run or cross train 20 | 90 min long run 21 |
| Rest 22 | Cross Training 23 | Track 3x800 Hill Workout Team Prac 6:45-8am 24 | 30-45 min run 25 | Fartlek/Tempo Team Prac 6:45-8am 26 | 30 min run or cross train 27 | 90 min long run 28 |
| Rest 29 | Cross Training 30 | Mile Repeats Team Prac 6:45-8am 31 | | | | |
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CHS CROSS COUNTRY