

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 4 miles	2	3 5 miles	4 5 miles
5 6 mile long run	6 4 miles	7 5 miles w/ strides	8 Off	9 5 miles	10 2 mile warm up, 2 mile tempo (or 15 minutes), 2 mile cool down	11 Off
12 7 mile long run	13 5 miles	14 5 miles w/ strides	15 Off	16 5 miles	17 2 mile warm up, 2 mile tempo, 2 mile cool down	18 3 miles easy
19 8 mile long run	20 5 miles	21 6-7 miles including 8 x 3 minutes at 5k pace w/ 2 min recov	22 5 miles	23 Off	24 5 miles	25 5 miles
26	27	28	29	30	31	

RUNNING