

# Men's June Summer

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4 Miles 8 x 100	DAY OFF	2 Miles easy	DAY OFF	2 Miles easy	DAY OFF	DAY OFF 8 mi
4	5	6	7	8	9	10
4 Miles 8 x 100	3 Miles easy	3 Miles easy	4 Miles easy	3 Miles easy	3 Miles easy	DAY OFF 20 mi
11	12	13	14	15	16	17
4 Miles 8 x 100	3 Miles easy	3 Miles easy	4 Miles easy	3 Miles easy	3 Miles easy	DAY OFF 20 mi
18	19	20	21	22	23	24
4 Miles 8 x 100	3 Miles easy 8 x 100	4 Miles easy	4 miles easy 8 x 100m	4 Miles easy	4 miles easy 8 x 100m	DAY OFF 23 mi
25	26	27	28	29	30	1
5 Miles 8 x 100	4 Miles easy 8 x 100	1.5 miles 4 x 100m 3 miles@ 8 min and down 1 mile	5 miles easy 8 x 100m	1.5 miles 4 x 100m 3 miles@ 8 min and down 1 mile	1.5 miles 4 x 100 8 x 200@34-38 200m Rj 2 miles	DAY OFF 29m.
2	3	<p><b>NOTES: Easy running on a schedule means EASY. But its based on an effort level not to exceed 5 on a level scale for the time being. The volume is low so make sure you are starting at 7min/mile and ending at 6.. Take care of the details. Plan on running at sunrise in the summer on Sundays. I recommend evening running like at 8pm. Cooler on grass, pack runs look awesome. IF YOU CAN'T RUN A 6 MIN MILE AT THE END OF MOST OF THESE RUNS LET ME KNOW AND I WILL ADJUST FOR YOU. We do very little jogging. We run within ourselves and we will continue to build a huge oxygen system. We have 103 days from May 21st to start taking care of the details. Our system is based on intelligent running and very accurate planning. Be safe be hydrated and make sure you dont try anything that is going to compromise your safety. Texas heat IS NOT SOMETHING YOU DISREGARD OR DISRESPECT</b></p>				
5 Miles 8 x 100	DAY OFF					

# Men's Summer July 2017

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
5 Miles 8 x 100	4 Miles easy 8 x 100	1.5 miles 4 x 100m 3 miles@ 8 min and down 1 mile	5 Miles easy 8 x 100	1.5 miles 4 x 100m 3 miles@ 8 min and down 1 mile	1.5 miles 4 x 100 8 x 200@34-38 200m Rj 2 miles	DAY OFF 46m
2	3	4	5	6	7	8
5 Miles 8 x 100	1.5 miles 4 x 100m 6 x 800m@HILLS 1 mile	OFF	5 Miles easy 8 x 100	DAY OFF	1.5 miles 4 x 100 5 x 300@48-52s 300m Rj 2 miles	DAY OFF 31m
9	10	11	12	13	14	15
3 Miles in the mornig 4 x 100 3 miles in the evening	4 Miles easy 8 x 100	1.5 miles 4 x 100m 3 miles@ 8 min and down 1 mile	3 Miles in the mornig 4 x 100 3 miles in the evening	1.5 miles 4 x 100m 3 miles@6 min and down 1 mile	1.5 miles 4 x 100 4 x 400@55-62s 400m Rj 4 miles	DAY OFF 48m
16	17	18	19	20	21	22
3 Miles in the mornig 4 x 100 3 miles in the evening	4 Miles easy 8 x 100	1.5 miles 4 x 100m 6 x 800m@HILLS 1 mile	3 Miles in the mornig 4 x 100 3 miles in the evening	1.5 miles 4 x 100m 3 miles@6 min and down 1 mile	1.5 miles 4 x 100 8 x 200@34-38 200m Rj 2 miles	DAY OFF 31m
23	24	25	26	27	28	29
3 Miles in the mornig 4 x 100 3 miles in the evening	4 Miles easy 8 x 100	1.5 miles 4 x 100m 3 miles@8 min and down 1 mile	3 Miles in the mornig 4 x 100 3 miles in the evening	1.5 miles 4 x 100m 3 miles@6 min and down 1 mile	1.5 miles 4 x 100 5 x 300@48-53s 300m Rj 2 miles	DAY OFF 31m
30	31	<p><b>NOTES:</b> Its getting <b>HOT</b>, your care and feeding of the hydration animal is critical to your sucvcess. The newness has worn off and now it's the hard yards that will be the signature for the rest of the summer. Then it will become a little bit harder in September. By now your core work and strength work should be paying huge dividends . All the girls at the pool will be asking who is the barb wire guy with abs that can kill. Your concern and attention to detail is critical. If you guys are paying attention you are getting really fit and you will have needed to replace your new June shoes one week into July. Trying to squeeze an extra week out of a pair of shoes is foolish. You have to be cognisant of the weather and realize <b>HYDRATION</b> is critical as well as running at the right time of day ON GRASS.</p>				
3 Miles in the mornig 4 x 100 3 miles in the evening	DAY OFF					