

Jun-14

F=FIT NF=NEARLY FIT JS=JUST STARTING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
	F 3-7 miles easy	F 3-7 miles medium	F 3-7 miles easy	F 3-7 miles med hard	F 3-7 miles easy	
	NF 2-4 miles easy	NF 2-4 miles medium	NF 2-4 miles easy	NF 2-4 miles med hard	NF 2-4 miles easy	Long and Easy
	JS 1-3 miles easy	JS 1-3 miles medium	JS 1-3 miles easy	JS 1-3 miles med hard	JS 1-3 miles easy	
	9	10	11	12	13	14
	F 3-7 miles easy	F 3-7 miles medium	F 3-7 miles easy	F 3-7 miles med hard	F 3-7 miles easy	
	NF 2-4 miles easy	NF 2-4 miles medium	NF 2-4 miles easy	NF 2-4 miles med hard	NF 2-4 miles easy	Long and Easy
	JS 1-3 miles easy	JS 1-3 miles medium	JS 1-3 miles easy	JS 1-3 miles med hard	JS 1-3 miles easy	
	16	17	18	19	20	21
	F 5-7 miles easy	F 5-7 miles medium	F 5-7 miles easy	F 5-7 miles med hard	F 5-7 miles easy	
	NF 3-5 miles easy	NF 3-5 miles medium	NF3-5 miles easy	NF3-5 miles med hard	NF 3-5 miles easy	Long and Easy
	JS 1-3 miles easy	JS 1-3 miles medium	JS 1-3 miles easy	JS 1-3 miles med hard	JS 1-3 miles easy	
	JS 20 minutes minimum	JS 20 minutes minimum	JS 20 minutes minimum	JS 20 minutes minimum	JS 20 minutes minimum	
	23	24	25	26	27	28
	F 5-7 miles easy	F 5-7 miles medium	F 5-7 miles easy	F 5-7 miles med hard	F 5-7 miles easy	
	NF 3-5 miles easy	NF 3-5 miles medium	NF3-5 miles easy	NF3-5 miles med hard	NF 3-5 miles easy	Long and Easy
	JS 1-3 miles easy	JS 1-3 miles medium	JS 1-3 miles easy	JS 1-3 miles med hard	JS 1-3 miles easy	
	JS 20 minutes minimum	JS 20 minutes minimum	JS 20 minutes minimum	JS 20 minutes minimum	JS 20 minutes minimum	
	30	1	2	3	4	5
	F 5-7 miles med hard	F 5-7 miles easy	F 5-7 miles medium	F 3-7 miles easy		
	NF3-5 miles med hard	NF 3-5 miles easy	NF 3-5 miles medium	NF 2-4 miles easy	RACE 6:30 West Poir	Long and Easy
	JS 1-3 miles med hard	JS 1-3 miles easy	JS 1-3 miles medium	JS 1-3 miles easy		

[illegible]



