

SCHEDULE

	SUN	MON	TUE	WED	THUR	FRI	Dale Distance	Group 1 Dale Full Start
4/16	Rest	30 min	30 min	Rest	30 min	Rest	Time Trial	8 AM
4/23	Rest	30 min	30 min	Rest	30 min	Rest	2 miles	8 AM
4/30	Rest	30 min	30 min	Rest	30 min	Rest	Track Meet @ Statue 7AM	7 AM
5/7	Rest	2 miles	2 miles	Rest	2 miles	Rest	Track Meet @ Statue 7AM	7 AM
5/14	Rest	2 miles	2 mles	Rest	2 miles	Rest	3 miles	7:45 AM
5/21	Rest	3 miles	3 miles	Rest	3 miles	Rest	4 miles	7:45 AM
5/28	Rest	3 miles	2 miles	Rest	3 miles	Rest	5 miles	7:45 AM
6/4	Rest	3 miles	2 miles	Rest	3 miles	Rest	7 miles	7:30 AM
6/11	Rest	3 miles	3 miles	Rest	3 miles	Rest	Track Meet at statue 6:30AM	6:30 AM
6/18	Rest	4 miles	6 miles	Rest	4 miles	Rest	9 miles	6:30 AM
6/25	Rest	4 miles	6 miles	Rest	4 miles	Rest	10 miles	6 AM
7/2	Rest	4 miles	6 miles	Rest	4 miles	Rest	*11 miles	6 AM
7/9	Rest	5 miles	6 miles	Rest	5 miles	Rest	12 miles	6 AM
7/16	Rest	5 miles	5 miles	Rest	5 miles	Rest	13 miles	6 AM
7/23	Rest	5 miles	5 miles	Rest	5 miles	Rest	14 miles	5:45 AM
7/30	Rest	5 miles	7 miles	Rest	5 miles	Rest	15 miles	5:45 AM
8/6	Rest	5 miles	7 miles	Rest	5 miles	Rest	Track Meet at statue 6:30AM	6:30 AM
8/13	Rest	6 miles	4 miles	Rest	6 miles	Rest	17 miles	5:15 AM
8/20	Rest	5 miles	7 miles	Rest	5 miles	Rest	15 miles	5:45 AM
8/27	Rest	6 miles	5 miles	Rest	5 miles	Rest	19 miles	5 AM
9/3	Rest	5 miles	5 miles	Rest	5 miles	Rest	*13 miles	6 AM
9/10	Rest	5 miles	6 miles	Rest	5 miles	Rest	18 miles	5 AM
9/17	Rest	4 miles	5 miles	Rest	4 miles	Rest	21 miles	5 AM
9/24	Rest	5 miles	5 miles	Rest	5 miles	Rest	13 miles	6 AM
10/1	Rest	4 miles	4 miles	Rest	4 miles	Rest	8 miles	6:30
10/8		4 miles	3 miles	Rest	3 miles	Rest	Rest	

SCHEDULE

	SUN	MON	TUE	WED	THUR	FRI	SAT Baron Half Marathon
4/16	Rest	30 min	30 min	Rest	30 min	Rest	Time Trial
4/23	Rest	30 min	30 min	Rest	30 min	Rest	2 miles
4/30	Rest	30 min	30 min	Rest	30 min	Rest	Track Meet @ Statue 7AM
5/7	Rest	2 miles	2 miles	Rest	2 miles	Rest	Track Meet @ Statue 7AM
5/14	Rest	2 miles	2 mles	Rest	2 miles	Rest	3 miles 7:45 AM
5/21	Rest	3 miles	3 miles	Rest	3 miles	Rest	4 miles 7:15 AM
5/28	Rest	3 miles	2 miles	Rest	3 miles	Rest	5 miles 7:15 AM
6/4	Rest	3 miles	2 miles	Rest	3 miles	Rest	7 miles 6:30AM
6/11	Rest	3 miles	3 miles	Rest	3 miles	Rest	Track Meet at statue 6:30AM
6/18	Rest	4 miles	1 hour	Rest	4 miles	Rest	9 miles 6:15 AM
6/25	Rest	4 miles	6 miles	Rest	4 miles	Rest	10 miles 6:15AM
7/2	Rest	4 miles	6 miles	Rest	4 miles	Rest	*9 miles 6:15 AM
7/9	Rest	5 miles	6 miles	Rest	5 miles	Rest	10 miles 6AM
7/16	Rest	5 miles	5 miles	Rest	5 miles	Rest	11 miles 6:15 AM
7/23	Rest	5 miles	5 miles	Rest	5 miles	Rest	12 miles 6AM
7/30	Rest	5 miles	7 miles	Rest	5 miles	Rest	13 miles 6AM
8/6	Rest	5 miles	7 miles	Rest	5 miles	Rest	Track Meet at statue 6:30AM
8/13	Rest	6 miles	4 miles	Rest	6 miles	Rest	8 miles 6:30 AM
8/20	Rest	5 miles	7 miles	Rest	5 miles	Rest	10 miles

SCHEDULE

							6:15 AM
8/27	Rest	6 miles	5 miles	Rest	5 miles	Rest	12 miles 6AM
9/3	Rest	5 miles	5 miles	Rest	5 miles	Rest	*10 miles 6:15AM
9/10	Rest	5 miles	6 miles	Rest	5 miles	Rest	12 miles 6AM
9/17	Rest	4 miles	5 miles	Rest	4 miles	Rest	13 miles 6 AM
9/24	Rest	5 miles	5 miles	Rest	5 miles	Rest	10 miles 6:15 AM
10/1	Rest	4 miles	4 miles	Rest	4 miles	Rest	8 miles 6:30AM
10/8							Rest