**June 2022**

| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
|  | **5 OYO**  Off | **6 OYO**  Off | **7 OYO**  Off | **8 OYO**  **Off** | **9 OYO**  HS – 20 to 30 minutes easy  MS – 10 to 20 minutes easy  ALL – 4 to 6 post run strides | **10 OYO**  HS – 20 to 30 minutes easy  MS – 10 to 20 minutes easy |
| **11 DAY OFF** | **12 OYO**  HS – 20 to 30 minutes easy  MS – 10 to 20 minutes easy  ALL – 4 to 6 post run strides | **13 OYO**  HS – 20 to 30 minutes easy  MS – OFF | **14 OYO**  HS – 20 to 30 minutes easy  MS -10 to 20 minutes easy  ALL – 4 to 6 post run strides | **15**  **DAY OFF** | **16 OYO**  HS – 20 to 30 minutes easy  MS – 10 to 20 minutes easy | **17 OYO**  HS – Long Run 35 to 40 minutes easy  MS – Long Run 25 to 30 minutes easy |
| **18 DAY OFF** | **19 OYO**  HS – 25 to 35 minutes easy  MS – 15 to 25 minutes easy  ALL – 4 to 6 post run strides | **20 OYO**  HS – 25 to 35 minutes easy  MS - OFF | **21 OYO**  HS – 25 to 35 minutes easy  MS -15 to 25 minutes easy  ALL – 4 to 6 post run strides | **22** **OYO**  **DAY OFF** | **23 OYO**  HS – 25 to 35 minutes easy  MS – 15 to 25 minutes easy | **24 OYO**  HS – Long Run 40 to 45 minutes easy  MS – Long Run 30 to 35 minutes easy |
| **25 DAY OFF** | **26 OYO**  HS – 30 to 40 minutes easy  MS – 20 to 30 minutes easy  ALL – 4 to 6 post run strides | **27 OYO**  HS – 30 to 40 minutes easy  MS - OFF | **28** **OYO**  HS – 30 to 40 minutes easy  MS -20 to 30 minutes easy  ALL – 4 to 6 post run strides | **29 OYO**  **DAY OFF** | **30 OYO**  HS - 30 to 40 minutes easy  MS - 20 to 30 minutes easy |  |

**July 2022**

| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | **1** **OYO**  HS –Long Run 40 to 50 minutes easy  MS – Long Run 30 to 40 minutes easy  ALL – 4 to 6 post run strides |
| 2 **DAY OFF** | **3 DAY OFF** | **4 OYO**  HS – 30 to 40 minutes easy  MS – 20 to 30 minutes easy | **5 OYO**  **Workout:**  HS – 30 to 40 minutes easy with 8X1 minute pick ups  **Workout:**  MS - 20 to 30 minutes easy 4X1 minute pickups  ALL – 4 to 6 post run strides | **6 OYO**  HS – 30 to 40 minutes  MS – 20 to 30 minutes | **7 OYO**  HS – 30 to 40 minutes easy  MS - OFF | **8 OYO**  HS – Long Run 40 - 50 minutes easy  MS – Long Run 30 to minutes easy |
| 9 **DAY OFF** | **10** **OYO**  **Workout:**  HS – 40 minutes easy 8X2 minute pickups  **Workout:**  MS – 30 minutes easy 4X2 minute pickups  ALL – 4 to 6 post run strides | **11 OYO**  HS – 35 to 45 minutes easy  MS – 25 to 35 minutes easy | **12** **OYO**  HS – 40 minutes moderate  MS – 30 minutes moderate  ALL – 4 to 6 post run strides | 13 **OYO**  HS – 35 to 45 minutes easy  MS – 25 to 35 minutes easy | 14 **OYO**  HS – 35 to 45 minutes easy  MS – OFF | 15 **OYO**  HS – Long Run 45 to 55 minutes easy  MS – Long Run 35 to 45 minutes easy |
| 16 **DAY OFF** | **17 OYO**  **Workout:**  HS – 45 minutes easy 5X3 minute pickups  **Workout**:  MS – 35 minutes easy 3X3 minute pickups  ALL – 4 to 6 post run strides | **18 OYO**  HS – 35 to 45 minutes easy  MS – 25 to 35 minutes easy | **19 OYO**  HS – 40 minutes moderate  MS – 30 minutes moderate | 20 **OYO**  HS – 35 to 45 minutes easy  MS – 25 to 35 minutes easy | **21 OYO**  HS – 35 to 45 minutes easy  MS - OFF | 22 **OYO**  HS – Long Run 45 to 55 minutes easy  MS – Long Run 35 to 45 minutes easy |
| 23 **DAY OFF** | **24 OYO**  **Workout:**  HS – 45 minutes easy 4X4 minute pickups  **Workout:**  MS – 35 minutes easy 3X3 minute pickups  ALL – 4 to 6 post run strides | **25 OYO**  HS – 40 to 50 minutes easy  MS – 30 to 40 minutes easy | **26 OYO**  HS – 45 minutes moderate  MS – 35 minutes moderate | **27 OYO**  HS – 40 to 50 minutes  MS – 30 to 40 minutes | **28 OYO**  HS – 40 to 50 minutes  MS – OFF | **29 OYO**  HS – Long Run 50 to 60 minutes easy  MS – 40 to 50 minutes easy |

**August 2022**

| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
| **30 DAY OFF** | **31** **Team Practice 8AM @ Sweetwater Park**  HS – 30 minute progression run  MS – 20 minute progression run  ALL – 4 to 6 post run strides | **1 OYO**  HS – 30 to 40 minutes easy  MS – 20 to 30 minutes easy | **2** **Team Practice 8AM @**  **Bluffs Regional Trail Park**  HS – Long Run 60 to 70 minutes easy  MS – 40 to 50 minutes easy  ALL – 2 to 3 hill repeats | **3 DAY OFF** | **4 Team Practice 8am @ Red-Tail Park**  HS – 40 to 50 minutes easy  MS – 30 to 40 minutes easy | **5 OYO**  HS – 30 minutes moderate  MS – 20 minutes moderate |
| **6 DAY OFF** | **7 First Day of Mandatory Fall Practice 8AM @ Sweetwater Park**  **HS/MS 2 mile Time Trial**  **Optional Post Run Breakfast at Le Peep Highlands Ranch!** | **8 8AM @ Ascent Classical Academy**  HS/MS - 20 to 30 minutes recovery run | **9 8AM @ Altair Park**  HS/MS warm up drills + strides  HS - Long Run 60 to 70 minutes easy  MS - Long Run 40 to 50 minutes easy | **10 8AM @ Ascent Classical Academy**  HS/MS 3-5 Laps easy Ascent Loop | **11 8AM @ Sweetwater Park**  HS/MS warm up drills + strides  20 to 25 minute tempo run  2 lap cool down | **12 OYO**  HS – 50 minutes easy  MS – OFF |
| **13 DAY OFF** | **14 3:30 PM @ Sweetwater Park**  2 lap warm up, drills + strides  HS 4-6X800 meters  MS 4X800 meters  2 lap cool down | **15 3:30PM @ Ascent Classical Academy**  HS/MS 3-6 laps easy Ascent Loop | **16 7:00 AM @ Altair Park**  2 lap warm up, drills + strides  HS - Long Run 60 to 70 minutes easy  MS - Long Run 40 to 50 minutes easy  **Optional Post Run Breakfast at Le Peep Highlands Ranch!** | **17 3:30PM @ Ascent Classical Academy**  HS/MS 3-6 laps easy Ascent Loop | **18 3:30 PM @ Sweetwater Park**  2 lap warm up, drills + strides  HS 3X1 mile tempo/2 min rest  MS 2X1 mile tempo/2 min rest  2 lap cool down | **19 OYO**  HS – 50 minutes easy  MS – OFF |
| **20 DAY OFF** | **21 3:30 PM @ Sweetwater Park**  2 lap warm up, drills + strides  HS 5X1000 meters  MS 3X1000 meters  2 lap cool down | **22 3:30PM @ Ascent Classical Academy**  HS/MS 3-7 laps easy Ascent Loop | **23** **7:00 AM @ Bluffs Regional Trail**  2 lap warm up, drills + strides  HS - Long Run 60 to 75 minutes easy  MS - Long Run 40 to 55 minutes easy  **Optional Post Run Breakfast at Snooze!** | **24 3:30PM @ Ascent Classical Academy**  HS/MS 3-7 laps easy Ascent Loop | **25 OYO**  HS – 20 minute easy shake out run + 4/6 strides  MS – 30 minutes easy | **26 HS – Cherry Creek Steve Loman Invite (pending)**  **9AM Cherry Creek State Park**  **MS – OFF** |
| **27 DAY OFF** | **28 First Day of School**  **3:30 PM @ Sweetwater Park**  2 lap warm up, drills + strides  HS 4-6X800 meters  MS 4-5X800 meters  2 lap cool down  **Optional Post Run Ice Cream at Cold Stone!** | **29 3:30PM @ Ascent Classical Academy**  HS/MS 3-7 laps easy Ascent Loop | **30 3:30 PM @ Sweetwater Park**  2 lap warm up, drills + strides  HS 3X1 mile tempo/2 min rest  MS 2X1 mile tempo/2 min rest  2 lap cool dow | **31 8AM @ Ascent Classical Academy**  HS/MS 2-4 laps Ascent Loop | **1 HS – Arapahoe Warrior Invitational (pending)**  **4PM DeKoevend Park Centennial**  **MS - OFF** |  |