**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 easyMS – 10 to 20 minutes easyALL – 4 to 6 post run strides | **10 OYO** HS – 20 to 30 minutes easyMS – 10 to 20 minutes easy |
| **11 DAY OFF** | **12 OYO**HS – 20 to 30 minutes easyMS – 10 to 20 minutes easyALL – 4 to 6 post run strides | **13 OYO**HS – 20 to 30 minutes easyMS – OFF | **14 OYO**HS – 20 to 30 minutes easyMS -10 to 20 minutes easyALL – 4 to 6 post run strides | **15** **DAY OFF** | **16 OYO**HS – 20 to 30 minutes easyMS – 10 to 20 minutes easy | **17 OYO**HS – Long Run 35 to 40 minutes easyMS – Long Run 25 to 30 minutes easy |
| **18 DAY OFF** | **19 OYO**HS – 25 to 35 minutes easyMS – 15 to 25 minutes easyALL – 4 to 6 post run strides | **20 OYO**HS – 25 to 35 minutes easyMS - OFF | **21 OYO**HS – 25 to 35 minutes easyMS -15 to 25 minutes easyALL – 4 to 6 post run strides | **22** **OYO** **DAY OFF** | **23 OYO**HS – 25 to 35 minutes easyMS – 15 to 25 minutes easy | **24 OYO**HS – Long Run 40 to 45 minutes easyMS – Long Run 30 to 35 minutes easy |
| **25 DAY OFF** | **26 OYO**HS – 30 to 40 minutes easyMS – 20 to 30 minutes easyALL – 4 to 6 post run strides | **27 OYO**HS – 30 to 40 minutes easyMS - OFF | **28** **OYO**HS – 30 to 40 minutes easyMS -20 to 30 minutes easyALL – 4 to 6 post run strides | **29 OYO****DAY OFF** | **30 OYO**HS - 30 to 40 minutes easyMS - 20 to 30 minutes easy |  |

**July 2022**

| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | **1** **OYO** HS –Long Run 40 to 50 minutes easyMS – Long Run 30 to 40 minutes easyALL – 4 to 6 post run strides |
| 2 **DAY OFF** | **3 DAY OFF** | **4 OYO**HS – 30 to 40 minutes easyMS – 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 pickupsALL – 4 to 6 post run strides  | **6 OYO**HS – 30 to 40 minutesMS – 20 to 30 minutes | **7 OYO**HS – 30 to 40 minutes easyMS - OFF | **8 OYO**HS – Long Run 40 - 50 minutes easyMS – 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 pickupsALL – 4 to 6 post run strides | **11 OYO**HS – 35 to 45 minutes easyMS – 25 to 35 minutes easy | **12** **OYO**HS – 40 minutes moderateMS – 30 minutes moderateALL – 4 to 6 post run strides | 13 **OYO**HS – 35 to 45 minutes easyMS – 25 to 35 minutes easy | 14 **OYO**HS – 35 to 45 minutes easyMS – OFF  | 15 **OYO**HS – Long Run 45 to 55 minutes easyMS – 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 pickupsALL – 4 to 6 post run strides | **18 OYO**HS – 35 to 45 minutes easyMS – 25 to 35 minutes easy | **19 OYO**HS – 40 minutes moderateMS – 30 minutes moderate | 20 **OYO** HS – 35 to 45 minutes easyMS – 25 to 35 minutes easy | **21 OYO**HS – 35 to 45 minutes easyMS - OFF | 22 **OYO** HS – Long Run 45 to 55 minutes easyMS – 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 pickupsALL – 4 to 6 post run strides | **25 OYO**HS – 40 to 50 minutes easyMS – 30 to 40 minutes easy | **26 OYO**HS – 45 minutes moderateMS – 35 minutes moderate | **27 OYO**HS – 40 to 50 minutesMS – 30 to 40 minutes | **28 OYO**HS – 40 to 50 minutesMS – OFF  | **29 OYO**HS – Long Run 50 to 60 minutes easyMS – 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 runMS – 20 minute progression runALL – 4 to 6 post run strides | **1 OYO**HS – 30 to 40 minutes easyMS – 20 to 30 minutes easy | **2** **Team Practice 8AM @****Bluffs Regional Trail Park** HS – Long Run 60 to 70 minutes easyMS – 40 to 50 minutes easyALL – 2 to 3 hill repeats | **3 DAY OFF**  | **4 Team Practice 8am @ Red-Tail Park**HS – 40 to 50 minutes easyMS – 30 to 40 minutes easy  | **5 OYO**HS – 30 minutes moderateMS – 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 + stridesHS - Long Run 60 to 70 minutes easyMS - 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 + strides20 to 25 minute tempo run2 lap cool down | **12 OYO**HS – 50 minutes easyMS – OFF |
| **13 DAY OFF** | **14 3:30 PM @ Sweetwater Park**2 lap warm up, drills + stridesHS 4-6X800 metersMS 4X800 meters2 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 + stridesHS - Long Run 60 to 70 minutes easyMS - 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 + stridesHS 3X1 mile tempo/2 min restMS 2X1 mile tempo/2 min rest2 lap cool down  | **19 OYO**HS – 50 minutes easyMS – OFF |
| **20 DAY OFF** | **21 3:30 PM @ Sweetwater Park**2 lap warm up, drills + stridesHS 5X1000 metersMS 3X1000 meters2 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 + stridesHS - Long Run 60 to 75 minutes easyMS - 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 stridesMS – 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 + stridesHS 4-6X800 metersMS 4-5X800 meters2 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 + stridesHS 3X1 mile tempo/2 min restMS 2X1 mile tempo/2 min rest2 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** |  |