

NOVICE SCHEDULE (SATURDAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
	8/3 - 8/9						3 CP	X	3
1	8/10 - 8/16	R	3	3	3	R	3 CP	X	12
2	8/17 - 8/23	R	3	3	3	R	4 CP	X	13
3	8/24 - 8/30	R	3	3	3	R	5 CP	X	14
4	8/31 - 9/6	R	3	3	3	R	6 CP	X	15
5	9/7 - 9/13	R	3	3	3	R	4 CP	X	13
6	9/14 - 9/20	R	3	3	3	R	7 CP	X	16
7	9/21 - 9/27	R	3	4	3	R	8 CP	X	18
8	9/28 - 10/4	R	3	4	3	R	5 CP	X	15
9	10/5 - 10/11	R	3	4	3	R	10 CP	X	19
10	10/12 - 10/18	R	3	5	3	R	11 CP	X	22
11	10/19 - 10/25	R	3	4	3	R	8 CP	X	18
12	10/26 - 11/1	R	3	6	3	R	12 CP	X	24
13	11/2 - 11/8	R	3	4	3	R	6 CP	R	16
14	11/9 - 11/15	3	3	R	3	R	13.1	X	22

LEGEND

X- Cross Training Day

R- Rest Day

(#)- Recommended Race

H - Hill Workout

T - Track Workout

CP- Conversation Pace

TR- Tempo Run

*- Start Time TBD

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	8/3 - 8/9						X	3 CP	3
1	8/10 - 8/16	R	3	3	3	R	X	3 CP	12
2	8/17 - 8/23	R	3	3	3	R	X	4 CP	13
3	8/24 - 8/30	R	3	3	3	R	X	5 CP	14
4	8/31 - 9/6	R	3	3	3	R	X	6 CP	15
5	9/7 - 9/13	R	3	3	3	R	X	4 CP	13
6	9/14 - 9/20	R	3	3	3	R	X	7 CP	16
7	9/21 - 9/27	R	3	4	3	R	X	8 CP	18
8	9/28 - 10/4	R	3	4	3	R	X	5 CP	15
9	10/5 - 10/11	R	3	4	3	R	X	10 CP	19
10	10/12 - 10/18	R	3	5	3	R	X	11 CP	22
11	10/19 - 10/25	R	3	4	3	R	X	8 CP	18
12	10/26 - 11/1	R	3	6	3	R	X	12 CP	24
13	11/2 - 11/8	R	3	4	3	R	X	6 CP	16
14	11/9 - 11/15	3	3	R	3	R	13.1	X	22

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MODIFIED INTERMEDIATE SCHEDULE (SATURDAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
	8/3 - 8/9						4 CP	X	4
1	8/10 - 8/16	X	3	5	3	R	5 CP	R	20
2	8/17 - 8/23	X	3	5	3	R	6 CP	R	22
3	8/24 - 8/30	X	3	5	3	R	8 CP	R	24
4	8/31 - 9/6	X	3	5	3	R	9 CP	R	25
5	9/7 - 9/13	X	3	5	3	R	7 CP	R	23
6	9/14 - 9/20	X	3	5	3	R	10 CP	R	26
7	9/21 - 9/27	X	3	5	3	R	11 CP	R	27
8	9/28 - 10/4	X	3	6	3	R	8 CP	R	26
9	10/5 - 10/11	X	3	6	3	R	13 CP	R	31
10	10/12 - 10/18	X	3	7	3	R	11 CP	R	31
11	10/19 - 10/25	X	3	7	4	R	10 CP	R	30
12	10/26 - 11/1	X	4	8	4	R	12 CP	R	36
13	11/2 - 11/8	X	4	6	4	R	8 CP	R	26
14	11/9 - 11/15	X	R	4	3	R	13.1	R	23

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4	8/31 - 9/6	R	3	5	3	R	X	9 CP	25
5	9/7 - 9/13	R	3	5	3	R	X	7 CP	23
6	9/14 - 9/20	R	3	5	3	R	X	10 CP	26
7	9/21 - 9/27	R	3	5	3	R	X	11 CP	27
8	9/28 - 10/4	R	3	6	3	R	X	8 CP	26
9	10/5 - 10/11	R	3	6	3	R	X	13 CP	31
10	10/12 - 10/18	R	3	7	3	R	X	11 CP	31
11	10/19 - 10/25	R	3	7	4	R	X	10 CP	30
12	10/26 - 11/1	R	4	8	4	R	X	12 CP	36
13	11/2 - 11/8	R	4	6	4	R	X	8 CP	26
14	11/9 - 11/15	3	R	4	3	R	13.1	R	23

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4	8/31 - 9/6	X	3	5	3	R	9 CP	5	25
5	9/7 - 9/13	X	3	5	[3]	R	7 CP	5	23
6	9/14 - 9/20	X	3	5	[3]	R	10 CP	5	26
7	9/21 - 9/27	X	3	5	[3]	R	11 CP	5	27
8	9/28 - 10/4	X	3	6	[3]	R	8 CP	6	26
9	10/5 - 10/11	X	3	6	[3]	R	13 CP	6	31
10	10/12 - 10/18	X	3	7	[3]	R	14 CP	7	34
11	10/19 - 10/25	X	3	7	[4]	R	10 CP	6	30
12	10/26 - 11/1	X	4	8	4	R	12 CP	8	36
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14	11/9 - 11/15	3	R	4	3	R	13.1	R	23

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4	8/31 - 9/6	X	3	5	3	R	5	9 CP	25
5	9/7 - 9/13	X	3	5	[3]	R	5	7 CP	23
6	9/14 - 9/20	X	3	5	[3]	R	5	10 CP	26
7	9/21 - 9/27	X	3	5	[3]	R	5	11 CP	27
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9	10/5 - 10/11	X	3	6	[3]	R	6	13 CP	31
10	10/12 - 10/18	X	3	7	[3]	R	7	14 CP	34
11	10/19 - 10/25	X	3	7	[4]	R	6	10 CP	30
12	10/26 - 11/1	X	4	8	4	R	8	12 CP	36
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