

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	6/24/19	6/25/19	6/26/19	6/27/19	6/28/19	6/29/19	6/30/19	
	Last Day of School	8:00am WHS first Practice C-1	Easy run C-2	WHS 8:00 C-1 Tempo 10 min warm up; 20 min tempo (5k+30 sec); 10 min cooldown; 3	Easy run C-2	8:00 am Sammish Trail C-2 Long run (20-60 min)	Rest	20 32
	3 6	3 5	3 6	3 5	3 4	5 6		
2	7/1/19	7/2/19	7/3/19	7/4/19	7/5/19	7/6/19	7/7/19	
	Samm River Trail Easy run C-2	8:00am C-1 Tolt Pipeline Avondale 1mi warm up (or 10 min); 2-4 x Brooks trail loop; Jog back to top; 1 mi cool down (or 10 min);	Easy run C-2	4th of July run! Fartlek (10min-30 sec surge) 10 min warm up; 30 min; 10 min cooldown; C-2	Easy run C-2	8:00am c-2 Watershed Long run (25-65 min)	Rest	22 36
	3 6	3 5	3 6	4 7	3 5	6 7		
3	7/8/19	7/9/19	7/10/19	7/11/19	7/12/19	7/13/19	7/14/19	
	Samm River Easy run c-2	8:00am c-1 Brightwater Hills Intervals (3200 race pace) 1mi warm up (or 10 min); 10x400 w/ 90 sec walk recovery ; 1 mi cool down (or 10 min);	Easy run c-2	8:00am c-1 Watershed Tempo 10 min warm up 25 min tempo (5k+30 sec) 10 min cooldown	Easy run c-2	8:00am c-2 Watershed Long run (30-70 min)	Rest	24 39
	4 6	3 6	3 6	4 7	3 5	7 8		
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
4	7/15/19	7/16/19	7/17/19	7/18/19	7/19/19	7/20/19	7/21/19	
	Samm River c-2 Trail Easy run c-2	8:00 am c-1 Tolt Pipeline Hills Avondale 1mile warm up 1-3 x steady pace back to top, jog back down; 1 mile cool down (on top):	Easy run c-2	8:00am c-1 Duvall McCormick Park Fartlek (2 min easy-3 min hard) 10 min warm up; 10-35 min; 10 min cooldown	Easy run c-2	8:00am c-2 Carnation SVT Long run (35-75 min)	Rest	26 39
	4 6	3 6	5 6	3 8	5 5	6 9		
5	7/22/19	7/23/19	7/24/19	7/25/19	7/26/19	7/27/19	7/28/19	
	Orcas Island Running Camp	Samm River c-2 Trail Easy run	Brightwater Hills c-1 Intervals (fast but not race pace) 1mi warm up (or 10 min); 5x1000 w/ 3 min walk recovery ; 1 mi cool down (or 10 min);	c-2 Easy run	8:00 am c-1 60 Acres Tempo 10 min warm up; 10-30 min tempo (5k+30 sec); 10 min cooldown;	8:00am c-2 Kirkland Connector Trail (Fred Meyers) Long run (20-45 min)	Rest	28 39
	4 6	4 6	5 6	4 7	5 6	6 8		
6	7/29/19	7/30/19	7/31/19	8/1/19	8/2/19	8/3/19	8/4/19	
	Samm River c-2 Trail Easy run	8:00am c-1 McFarrel Park (Redmond) 2mi warm up (or 10 min); 6-10 x 8 sec hill sprint; 2 mi cool down (or 10 min);	Samm River Trail Easy run c-2	8:00am c-1 Duvall McCormick Park Fartlek (Up/down ladder 1 min hard/1 min easy, 2 /1,3 /1,4/1,5/1,5/1,4/1,3/1,2/1,1/1) 10 min warm up; 15-40 min; 10 min cooldown; River snak 4 8	Easy run c-2	8:00am c-2 Carnation SVT Long run (40-80 min) Picnic to follow Practice	Rest	28 41
	4 6	4 6	5 6	4 8	5 6	6 9		
7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
	8/5/19	8/6/19	8/7/19	8/8/19	8/9/19	8/10/19	8/11/19	
	Captain Led Practice	Samm River Trail Easy run	Brightwater Intervals (fast but not race pace) 1mi warm up (or 10 min); 5x1000 w/ 3 min walk recovery ; 1 mi cool down (or 10 min) Captain Led	Easy run	Watershed Tempo 10 min warm up; 15-35 min tempo (5k+30 sec); 10 min cooldown Captain Led	Easy run	Carnation SVT Long run (45-90 min)	30 43
	5 7	4 6	5 6	5 9	4 6	7 9		
8	8/12/19	8/13/19	8/14/19	8/15/19	8/16/19	8/17/19	8/18/19	
	Captain Led Practice	Samm River Trail Easy run	Tolt Pipeline Hills 1mi warm up (or 10 min); 4-6 x Brooks trail loop; Jog back to top; 1 mi cool down (or 10 min);	Easy run	Watershed Fartlek (2 min easy-3 min hard) 10 min warm up; 10-35 min; 10 min cooldown;	Easy run	Watershed Long run (20-45 min)	31 42
	5 6	4 6	5 6	5 8	5 6	7 10		
9	8/19/19	8/20/19	8/21/19	8/22/19	8/23/19	8/24/19	8/26/19	
	Captain Led Practice	Easy Run	Brightwater 1mi warm up (or 10 min); 4-6 x 8 sec hill sprint (spiral hill); 1 mi cool down (or 10 min);	Easy run	Watershed Tempo 10 min warm up; 15-35 min tempo (5k+30 sec); 10 min cooldown;	Eady Run	Sammish Trail Monday First Day of official practice at WHS 8:00am	32 44
	5 8	4 5	6 6	5 9	4 5	8 11		