

# June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
CROSS	<b>2 Miles</b>	Beginner: REST Advanced: Speed Training	<b>2 Miles</b>	<b>3 Miles</b>	Rest	Breakaway 1/2 Marathon Training Starts, 7 AM, GT <b>3 Miles</b>
26	27	28	29	30		
CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>2 Miles</b>	<b>3 Miles</b>		7 AM, MT <b>3 Miles</b>
	Notes:10k					

# July 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Rest	Stars and Stripes 5k 7 AM, GT 3 Miles
3	4	5	6	7	8	9
CROSS	2 Miles	Beginner: REST Advanced: Speed Training	3 Miles	3 Miles	Rest	7 AM, MT 3 Miles
10	11	12	13	14	15	16
MRTC #1 5k CROSS	3 Miles	Beginner: REST Advanced: Speed Training	3 Miles	3 Miles	Rest	7 AM, GT 4 Miles
17	18	19	20	21	22	23
CROSS	3 Miles	Beginner: REST Advanced: Speed Training	3 Miles	3 Miles	Rest	7 AM, MT 4 Miles
24	25	26	27	28	29	30
MRTC #2 5k CROSS	3 Miles	Beginner: REST Advanced: Speed Training	4 Miles	3 Miles	Rest	7 AM, GT 5 Miles
31		Notes: 10k				
CROSS						

# August 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>4 Miles</b>	<b>4 Miles</b>	Rest	6 AM, MT <b>4 Miles</b>
7	8	9	10	11	12	13
MRTC #1 5 Miler CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>3 Miles</b>	Rest	6 AM, GT <b>5 Miles</b>
14	15	16	17	18	19	20
CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>3 Miles</b>	Rest	6 AM, MT <b>5 Miles</b>
21	22	23	24	25	26	27
MRTC #2.5 Miler CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>3 Miles</b>	Rest	6 AM, GT <b>6 Miles</b>
28	29	30	31			
Breakaway Bardog 5k CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>4 Miles</b>			
		Notes: 10k				

# September 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
MRTC #1 10k CROSS	<b>2 Miles</b>	Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>2 Miles</b>	Cooper Young 4 Miler Rest	6 AM, MT <b>3 Miles</b>
18	19	20	21	22	23	24
CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>2 Miles</b>	<b>3 Miles</b>	Rest	6 AM, GT <b>3 Miles</b>
25	26	27	28	29	30	
MRTC #2 10k CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>2 Miles</b>	Rest	
	Notes: 10k					

# October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 6 AM, MT 4 Miles
2	3	4	5	6	7	8
CROSS	3 Miles	Beginner: REST Advanced: Speed Training	2 Miles	3 Miles	Rest	6 AM, GT 4 Miles
9	10	11	12	13	14	15
MRTC #1 10 Miler CROSS	3 Miles	Beginner: REST Advanced: Speed Training	3 Miles	3 Miles	Rest	6 AM, MT 5 Miles
16	17	18	19	20	21	22
Shelby Farms Greenline 1/2 Marathon CROSS	3 Miles	Beginner: REST Advanced: Speed Training	4 Miles	3 Miles	Rest	6 AM, GT 5 Miles
23	24	25	26	27	28	29
MRTC #2 10 Mile CROSS	4 Miles	Beginner: REST Advanced: Speed Training	3 Miles	4 Miles	Rest	6 AM, MT 5 Miles
30	31	Notes: 10k				
CROSS						

# November 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
CROSS		Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>3 Miles</b>	Rest	6 AM, GT <b>6 Miles</b>
6	7	8	9	10	11	12
MRTC #1 1/2 Marathon CROSS	<b>3 Miles</b>	Beginner: REST Advanced: Speed Training	<b>4 Miles</b>	<b>3 Miles</b>	Rest	6 AM, MT <b>5 Miles</b>
13	14	15	16	17	18	19
CROSS	<b>4 Miles</b>	Beginner: REST Advanced: Speed Training	<b>4 Miles</b>	<b>3 Miles</b>	Rest	7 AM, GT <b>6 Miles</b>
20	21	22	23	24	25	26
MRTC #2 1/2 Marathon CROSS	<b>4 Miles</b>	Beginner: REST Advanced: Speed Training	<b>3 Miles</b>	<b>3 Miles</b>	Rest	7 AM, MT <b>5 Miles</b>
27	28	29	30			
CROSS	<b>3 Miles</b>	Rest	<b>3 Miles</b>			
	Notes: 10k					

# December 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				2 Miles	Rest	RACE DAY! Go Team Breakaway!
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
		Notes: 10k				