

September 2016



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

October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
						1		
						6 AM, GT 4 Miles	25 Min Total	
2	3	4	5	6	7	8		
CROSS	2 min run 3 min walk	Beginner: REST Advanced: Speed Training	2 min run 3 min walk	Rest	Rest	7 AM, MT 2 min run 3 min walk	30 Min Total	
9	10	11	12	13	14	15		
MRTC #1 10 Miler CROSS	3 min run 3 min walk	Beginner: REST Advanced: Speed Training	3 min run 3 min walk	Rest	Rest	7 AM, GT 3 min run 3 min walk	30 Min Total	
16	17	18	19	20	21	22		
Shelby Farms Greenline 1/2 Marathon CROSS	3 min run 2 min walk	Beginner: REST Advanced: Speed Training	3 min run 2 min walk	Rest	Rest	7 AM, MT 3 min run 2 min walk	35 Min Total	
23	24	25	26	27	28	29		
MRTC #2 10 Mile CROSS	3 min run 1 min walk	Beginner: REST Advanced: Speed Training	3 min run 1 min walk	Rest	Rest	7 AM, GT 3 min run 1 min walk	40 Min Total	
30	31	Notes: 5k						
CROSS								

November 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
CROSS		Rest	4 min run 2 min walk	Rest	Rest	7 AM, MT 4 min run 2 min walk	40 Min Total
6	7	8	9	10	11	12	
MRTC #1 1/2 Marathon CROSS	4 min run 1 min walk	Rest	4 min run 1 min walk	Rest	Rest	7 AM, GT 4 min run 1 min walk	45 Min Total
13	14	15	16	17	18	19	
CROSS	5 min run 2 min walk	Rest	5 min run 2 min walk	Rest	Rest	7 AM, MT 5 min run 2 min walk	50 Min Total
20	21	22	23	24	25	26	
MRTC #2 1/2 Marathon CROSS	5 min run 1 min walk	Rest	5 min run 1 min walk	Rest	Rest	7 AM, GT 5 min run 1 min walk	40 Min Total
27	28	29	30				
CROSS	5 min run 2 min walk	Rest	3 min run 2 min walk				35 Min Total
	Notes: 5k						

December 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
				Rest	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: 5k					