

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	3 Miles	Beginner: REST Advanced: Speed Training	3 Miles	3 Miles	Rest	Breakaway Marathon Training Starts, 7 AM, GT 4 Miles
26	27	28	29	30		
CROSS	3 Miles	Beginner: REST Advanced: Speed Training	3 Miles	3 Miles		
	Notes: FULL MARATHON					

July 2016



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

August 2016



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

September 2016



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

October 2016



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

November 2016



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

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: FULL MARATHON				