June 2016									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
			1	2	3	4			
5	6	7	8	9	10	11			
10	10		15	1/	17	10			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
17	20			23	Z4	Breakaway 1/2			
CROSS	2 Miles	Beginner: REST Advanced: Speed Training	2 Miles	3 Miles	Rest	Marathon Training Starts, 7 AM, GT 3 Miles			
26	27	28	29	30					
CROSS	3 Miles	Beginner: REST Advanced: Speed Training	2 Miles	3 Miles					
	Notes: HALF MARATHON								

July 2016 <u>Breakaway</u> Sunday Monday Tuesday Thursday Friday Saturday 2 Stars and Stripes Rest 7 AM, MT 3 Miles 4 8 3 5 Beginner: REST 7 AM, GT CROSS 2 Miles Advanced: Speed 3 Miles 3 Miles Rest 3 Miles Training 10 11 12 13 14 15 16 Beginner: REST MRTC #1 5k 7 AM, MT 3 Miles Advanced: Speed 3 Miles 3 Miles Rest CROSS 4 Miles Training 17 18 20 21 22 23 Beginner: REST 7 AM, GT 4 **Miles** CROSS 3 Miles Advanced: Speed 3 Miles 3 Miles Rest Training 25 27 28 29 30 24 Beginner: REST Advanced: Speed 7 AM, MT **5 Miles** MRTC #2 5k 3 Miles 4 Miles 3 Miles Rest CROSS Training Notes: HALF MARATHON 31 CROSS

August 2016 <u>Breakaway</u> Sunday Monday Tuesday Thursday Friday Saturday 5 Beginner: REST 6 AM, GT 3 Miles Advanced: Speed 4 Miles 4 Miles Rest 4 Miles Training 8 10 11 12 13 Beginner: REST 6 AM, MT MRTC #1 5 Miler Advanced: Speed 3 Miles 3 Miles 3 Miles Rest CROSS 5 Miles Training 15 16 18 19 Beginner: REST 6 AM, GT CROSS 3 Miles Advanced: Speed 3 Miles 3 Miles Rest 5 Miles Training 22 25 26 Beginner: REST 6 AM, MT 6 Miles MRTC #25 Miler 3 Miles Advanced: Speed 3 Miles 3 Miles Rest CROSS Training 29 Beginner: REST Advanced: Speed Breakaway Bardog 5k CROSS 3 Miles 4 Miles Training

September 2016 <u>Breakaway</u> Sunday Monday Tuesday Friday Saturday 6 AM, GT 6 Miles 3 Miles Rest 10 Women Run Walk 8 9 4 Beginner: REST Memphis 5k 6 AM, MT CROSS Advanced: Speed 3 Miles 4 Miles 3 Miles Rest Training **7 Miles** 12 13 15 16 Beginner: REST Cooper Young 4 MRTC #1 10k 6 AM, GT 3 Miles Advanced: Speed 5 Miles 3 Miles Miler CROSS 7 Miles Training Rest 18 19 23 24 Beginner: REST 6 AM, MT **8 Miles** CROSS 3 Miles Advanced: Speed 5 Miles 3 Miles Rest Training 29 30 25 26 Beginner: REST Advanced: Speed MRTC #2 10k 4 Miles 3 Miles 4 Miles Rest CROSS Training Notes: HALF MARATHON

October 2016 <u>Breakaway</u> Sunday Monday Tuesday Wednesday Thursday Friday Saturday 6 AM, GT 10 Miles 3 5 8 2 4 6 Beginner: REST 6 AM, MT CROSS Advanced: Speed 5 Miles 5 Miles 5 Miles Rest 8 Miles Training 10 11 13 14 15 Beginner: REST MRTC #1 10 Miler 6 AM, GT 5 Miles Advanced: Speed 6 Miles 5 Miles Rest CROSS 9 Miles Training 16 Shelby Farms Greenline 1/2 17 20 21 22 Beginner: REST 6 AM, MT 1**2 Miles** 4 Miles Advanced: Speed 5 Miles 4 Miles Rest Marathon Training CROSS 24 27 28 29 Beginner: REST Advanced: Speed MRTC #2 10 Mile 6 AM, GT 5 Miles 6 Miles 5 Miles Rest CROSS 13 Miles Training Notes: HALF MARATHON 30 31 CROSS

November 2016 <u>Breakaway</u> Sunday Monday Tuesday Thursday Friday Saturday 5 4 Beginner: REST 6 AM, MT CROSS Advanced: Speed 5 Miles 5 Miles Rest 11 Miles Training 10 12 11 MRTC #1 1/2 Beginner: REST 6 AM, GT Marathon CROSS Advanced: Speed 5 Miles 6 Miles 5 Miles Rest 11 Miles Training 13 14 15 16 18 Beginner: REST 7 AM, MT CROSS 5 Miles Advanced: Speed 3 Miles 5 Miles Rest 7 Miles Training 21 24 25 26 MRTC #2 1/2 Beginner: REST 7 AM, GT **4 Miles** Marathon 5 Miles Advanced: Speed 3 Miles 5 Miles Rest CROSS Training 27 28 29 30 CROSS Rest 3 Miles 3 Miles Notes: HALF MARATHON

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: HALF MARATHON							