

Start Date:	4/18/2026								
Week	Date	Color Group	Sat	Sun	Mon	Tue	Wed	Thurs	Fri
1	Apr-18 - Apr-24	White	2 MILES/e	OFF	30/s	30/e	OFF	35/b	OFF
2	Apr-25 - May-01	White	3 MILES/e	OFF	35/s	35/e	OFF	35/b	OFF
3	May-02 - May-08	White	3 MILES/e	OFF	35/s	40/e	OFF	35/b	OFF
4	May-09 - May-15	White	4 MILES/e	OFF	40/s	30/hill	OFF	40/TEMPO/b	OFF
5	May-16 - May-22	White	5 MILES/e	OFF	35/s	35/hill	OFF	40/TEMPO/b	OFF
6	May-23 - May-29	White	3 MILES/e	OFF	40/s	35/hill	OFF	35/TEMPO/b	OFF
7	May-30 - Jun-05	White	5 MILES/e	OFF	40/s	40/hill	OFF	40/TEMPO/b	OFF
8	Jun-06 - Jun-12	White	6 MILES/e	OFF	45/s	40/hill	OFF	40/TEMPO/b	OFF
9	Jun-13 - Jun-19	White	4 MILES/e	OFF	40/s	45/hill	OFF	35/TEMPO/b	OFF
10	Jun-20 - Jun-26	White	7 MILES/e	OFF	35/s	50/hill	OFF	40/TEMPO/b	OFF
11	Jun-27 - Jul-03	White	8 MILES/e	OFF	40/s	55/hill	OFF	35/TEMPO/b	OFF
12	Jul-04 - Jul-10	White	7 MILES/e	OFF	45/s	55/hill	OFF	45/TEMPO/b	OFF
13	Jul-11 - Jul-17	White	10 MILES/e	OFF	50/s	10x30x30	OFF	45/TEMPO/b	OFF
14	Jul-18 - Jul-24	White	8 MILES/e	OFF	50/s	10x60x60	OFF	35/TEMPO/b	OFF
15	Jul-25 - Jul-31	White	11 MILES/e	OFF	40/s	12x60x60	OFF	40/TEMPO/b	OFF
16	Aug-01 - Aug-07	White	7 MILES/e	OFF	OFF	4x400x200	OFF	40/TEMPO/b	OFF
17	Aug-08 - Aug-14	White	9 MILES/e	OFF	OFF	6x400m/200m	30/e	40/b	OFF
18	Aug-15 - Aug-21	White	12 MILES/e	OFF	40/s	3x800m/400m	OFF	45/TEMPO/b	OFF
19	Aug-22 - Aug-28	White	8 MILES/e	OFF	45/s	4x800m/400m	OFF	45/TEMPO/b	OFF
20	Aug-29 - Sep-04	White	6 MILES/e	OFF	45/s	6x800mx400m	OFF	40/TEMPO/b	OFF
21	Sep-05 - Sep-11	White	OFF	HALF MARATHON	OFF	1 Mile Walk/s	OFF	2 Mile Walk/s	OFF
Recovery Wk	Sep-12 - Sep-18	White	2 MILES/e	OFF	25/s	25/e	OFF	30/e	OFF