

May

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Run 4 Days 17- 22 Minutes each wkout this week	24	25 PHS 7 a.m.	26	27 Beasley 7 a.m.	28	29
30 Run 4 Days 17- 22 Minutes each wkout this week	31					

BAE-Best Aerobic Effort means your pace should be where can speak short phases or words.
 If you can't talk at all you are running too fast.

2010

BEG **WORKOUT SCHEDULE** KEEP A LOG OF HOW MANY MILES YOUR RUN EACH WEEK, REPORT THIS TO
 ME BY E **TEISD.ORG OR 972-977-7518 OR SIGN UP FOR www.flotrack.com (online training log) by emailing me.**

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 PHS 7 a.m.	2	3 Beasley 7 a.m.	4	5
6 Run 4 Days 18-25 Minutes each wkout this week	7	8 PHS 7 a.m.	9	10 Beasley 7 a.m.	11	12
13 Run 4 Days 20-25 Minutes each wkout this week	14	15 PHS 7 a.m.	16 BAE 10 minutes	17 Palos 7 a.m.	18	19
20 Run 4 Days 22-26 Minutes each wkout this week	21	22 PHS 7 a.m.	23	24 Palos 7 a.m.	25	26
27 Run 5 Days 24-28 Minutes each wkout this week	28	29 PHS 7 a.m.	30 BAE 12 Minutes			

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BEG **WORKOUT SCHEDULE** KEEP A LOG OF HOW MANY MILES YOUR RUN EACH WEEK, REPORT THIS TO
 ME BY E **July** TEISD.ORG OR 972-977-7518 OR SIGN UP FOR www.flotrack.com (online training log) by emailing me.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Beasley 7 a.m.	2	3
4 Run 4 Days 25-30 Minutes each wkout this week	5 PHS 7 a.m.	6 Palos 7 a.m.	7 Beasley 7 a.m.	8 PHS 7 a.m.	9 Sunnyvale/ Tripp Rd 7 a.m.	10
11 Run 5 Days 25-32 Minutes each wkout this week	12 PHS 7 a.m.	13 Beasley 7 a.m.	14 PHS 7 a.m. BAE 15 Minutes	15 Sunnyvale/ Tripp Rd 7 a.m.	16 PHS 7 a.m.	17
18 Run 5 Days 22-28 Miinutes each wkout this week	19 Beasley 7 a.m.	20 Palos 7 a.m.	21 PHS 7 a.m.	22 Sunnyvale/ Tripp Rd 7 a.m.	23 PHS 7 a.m.	24
25 Run 5 Days 25-32 Minutes each wkout this week	26 Beasley 7 a.m.	27 Sunnyvale/ Tripp Rd 7 a.m.	28 PHS 7 a.m. BAE 20 Minutes	29 Beasley 7 a.m.	30 Palos 7 a.m.	31

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2010

BEG **August** **WORKOUT SCHEDULE** KEEP A LOG OF HOW MANY MILES YOUR RUN EACH WEEK, REPORT THIS TO ME BY E-MAIL TO [TEISD.ORG](mailto:BAE@TEISD.ORG) OR 972-977-7518 OR SIGN UP FOR www.flotrack.com (online training log) by emailing me.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
Run 5 Days-25-32 Minutes each wkout this week	PHS 7 a.m.	Beasley 7 a.m.	Palos 7 a.m.	Beasley 7 a.m.	PHS 7 a.m.	
8	9	10	11	12	13	14
	Beasley 7 a.m.	<u>1st DAY OF PRACTICE-7 AM PHS ALL PAPERWORK MUST BE COMPLETE!!!</u>				
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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