

RET  
ME BY E

**May**

**WORKOUT SCHEDULE**

KEEP A LOG OF HOW MANY MILES YOUR RUN EACH WEEK, REPORT THIS TO  
TEISD.ORG OR 972-977-7518 OR SIGN UP FOR [www.flotrack.com](http://www.flotrack.com) (online training log) by emailing me.

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

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**Run 5 Days 20-28 Minutes each workout this week**

PHS 7 a.m.

Beasley 7 a.m.

**30**

**31**

**Run 5 Days 22-30 Minutes each workout this week**

BAE-Best Aerobic Effort means your pace should be where can speak short phrases or words.

If you can't talk at all you are running too fast.

**2010**

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# June

## WORKOUT SCHEDULE

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> PHS 7 a.m.	<b>2</b>	<b>3</b> Beasley 7 a.m.	<b>4</b>	<b>5</b>
<b>6</b> Run 5 Days 24-32 Minutes each wkout this week	<b>7</b>	<b>8</b> PHS 7 a.m.	<b>9</b>	<b>10</b> Beasley 7 a.m.	<b>11</b>	<b>12</b>
<b>13</b> Run 5 Days 25-34 Minutes each wkout this week	<b>14</b>	<b>15</b> PHS 7 a.m.	<b>16</b> BAE 18 minutes	<b>17</b> Palos 7 a.m.	<b>18</b>	<b>19</b>
<b>20</b> Run 5 Days 24-30 Minutes each wkout this week	<b>21</b>	<b>22</b> PHS 7 a.m.	<b>23</b>	<b>24</b> Palos 7 a.m.	<b>25</b>	<b>26</b>
<b>27</b> Run 5 Days 26-36 Minutes each wkout this week	<b>28</b>	<b>29</b> PHS 7 a.m.	<b>30</b> BAE 20 Minutes			

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# July

## WORKOUT SCHEDULE

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> Beasley 7 a.m.	<b>2</b>	<b>3</b>
<b>4</b> Run 5 Days 26-36 Minutes each wkout this week	<b>5</b> PHS 7 a.m.	<b>6</b> Palos 7 a.m.	<b>7</b> Beasley 7 a.m.	<b>8</b> PHS 7 a.m.	<b>9</b> Sunnyvale / Tripp Rd 7 a.m.	<b>10</b>
<b>11</b> Run 5-6 Days 28- 38 Minutes each wkout this week	<b>12</b> PHS 7 a.m.	<b>13</b> Beasley 7 a.m.	<b>14</b> BAE 22 Minutes PHS 7 a.m.	<b>15</b> Sunnyvale / Tripp Rd 7 a.m.	<b>16</b> PHS 7 a.m.	<b>17</b>
<b>18</b> Run 5-6 Days 25- 32 Miinutes each wkout this week	<b>19</b> Beasley 7 a.m.	<b>20</b> Palos 7 a.m.	<b>21</b> PHS 7 a.m.	<b>22</b> Sunnyvale / Tripp Rd 7 a.m.	<b>23</b> PHS 7 a.m.	<b>24</b>
<b>25</b> Run 5-6 Days 28- 38 Minutes each wkout this week	<b>26</b> Beasley 7 a.m.	<b>27</b> Sunnyvale/Tripp Rd 7 a.m.	<b>28</b> BAE 24 Minutes PHS 7 a.m.	<b>29</b> Beasley 7 a.m.	<b>30</b> Palos 7 a.m.	<b>31</b>

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# 2010

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# August

## WORKOUT SCHEDULE

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Run 5 Days-28-38 Minutes each wkout this week	<b>2</b> PHS 7 a.m.	<b>3</b> Beasley 7 a.m.	<b>4</b> Palos 7 a.m.	<b>5</b> Beasley 7 a.m.	<b>6</b> PHS 7 a.m.	<b>7</b>
<b>8</b>	<b>9</b> Beasley 7 a.m.	<b>10</b> <u>1<sup>st</sup> DAY OF PRACTICE-7 AM PHS ALL PAPERWORK MUST BE COMPLETE!!!</u>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				

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