

June 28	June 29	June 30	July 1	July 2	July 3	July 4
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Complete Rest	Level 1 Easy (L1E) before run then fast 10 seconds walk 30 seconds, fast 15 seconds walk 45 seconds, fast 30 seconds walk 1.5 Minutes finish with 15-30 min at your pace of choice then Level 1 Easy after run	Level 1 Hard (L1H) before run then 8 x 25 seconds at Medium Hard with 1 minute easy then 15-30 minutes pace of choice then Level 1 Hard Exercises	Central Nervous Warm-up then 5 x 30 meter fast accelerations with 3 minutes rest after each then 15-30 Minute at pace of choice finish with Central Nervous System Exercises	L1E Before run then 1 minute @ medium pace complete 3 exercises of choice (3 reps each) repeat for 10-15 minutes then 15-30 minutes pace of choice, L1E after run	L1H before run then Monarch mile then 20-30 min pace of choice then L1H after run	Complete Rest or L1E then 30-60 minute continuous steady paced run finish with 4 fast relaxed strides