

# April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	<b>1</b> <b>HM START!</b> HM - Rest	<b>2</b> HM - 3 m run	<b>3</b> HM - 3 m run	<b>4</b> HM - 3 m run	<b>5</b> HM - Rest	<b>6</b> HM - 4 m run
<b>7</b> HM - 60 m CT	<b>8</b> HM - Rest	<b>9</b> HM - 3 m run	<b>10</b> HM - 3 m run	<b>11</b> HM - 3 m run	<b>12</b> HM - Rest	<b>13</b> HM - 5 m run  @GG Expo!
<b>14</b> HM - 60 m CT <b>Gazelle Girl                      Half Marathon</b>	<b>15</b> <b>10k START!</b> 10K - 2m + strength HM - Rest	<b>16</b> 10K - 3 m run HM - 3 m run	<b>17</b> 10K - 2x800 5k pace HM - 4 m run	<b>18</b> 10K - 2 m + strength HM - 3 m run	<b>19</b> 10K - Rest HM - Rest	<b>20</b> 10K - 4 m run HM - 6 m run
<b>21</b> 10K - 60 m CT HM - 60 m CT	<b>22</b> 10K - 2m + strength HM - Rest	<b>23</b> 10K - 3 m run HM - 3 m run	<b>24</b> 10K - 30 min tempo HM - 4 m run @ race pace	<b>25</b> 10K - 3 m + strength HM - 3 m run	<b>26</b> 10K - Rest HM - Rest	<b>27</b> 10K - 5 m run HM - 7 m run <b>Rivertown Races                      Half Marathon</b>
<b>28</b> 10K - 60 m CT HM - 60 m CT	<b>29 5K START!</b> 5k - Rest 10K - 2m + strength HM - Rest	<b>30</b> 5k - 1 m run 10K - 6 m run HM - 3 m run				

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 5k - 3 x 400 10K - 5x800 5k pace HM - 4 m run	<b>2</b> 5k - 2 m run 10K - 4 m + strength HM - 3 m run	<b>3</b> 5k - Rest 10K - Rest HM - Rest	<b>4</b> 5k - 3 m run 10K - 6 m run HM - 8 m run
<b>5</b> 5k - 3 m run 10K - 60 m CT HM - 60 m CT	<b>6</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>7</b> 5k - 3 m run 10K - 4 m run HM - 3 m run	<b>8</b> 5k - 30 min tempo 10K - 35 min tempo HM - 4 m run @ race pace	<b>9</b> 5k - 3 m run 10K - 2 m + strength HM - 3 m run	<b>10</b> 5k - Rest 10K - Rest HM - Rest @ RBR Expo	<b>11</b> 5k - 3 m run fast 10K - 3 m run HM - 5K Race River Bank Run
<b>12</b> 5k - 4 m run 10K - 60 m CT HM - 60 m CT	<b>13</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>14</b> 5k - 3 m run 10K - 5 m run HM - 3 m run	<b>15</b> 5k - 6 x 400 10K - 6x800 5k pace HM - 5 m run	<b>16</b> 5k - 3 m run 10K - 3 m + strength HM - 3 m run	<b>17</b> 5k - Rest 10K - Rest HM - Rest	<b>18</b> 5k - 4 m run 10K - 5K Run HM - 9 m run
<b>19</b> 5k - 4 m run 10K - 60 m CT HM - 60 m CT	<b>20</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>21</b> 5k - 3 m run 10K - 6 m run HM - 3 m run	<b>22</b> 5k - 35 min tempo 10K - 40 min tempo HM - 5 m run @ race pace	<b>23</b> 5k - 3 m run 10K - 4 m + strength HM - 3 m run	<b>24</b> 5k - Rest 10K - Rest HM - Rest @Bayshore Expo	<b>25</b> 5k - Rest 10K - 6 m run HM - 10 m run Bayshore Full / Half
<b>26</b> 5k - 5k Test 10K - 60 m CT HM - 60 m CT	<b>27</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>28</b> 5k - 3 m run 10K - 4 m run HM - 3 m run	<b>29</b> 5k - 7 x 400 10K - 7x800 5k pace HM - 5 m run	<b>30</b> 5k - 3 m run 10K - 2 m + strength HM - 3 m run	<b>31</b> 5k - Rest 10K - Rest HM - Rest	
						

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 5k - 4 m run fast 10K - 7 m run HM - 10 k race
<b>2</b> 5k - 3 m run 10K - 60 m CT HM - 60 m CT	<b>3</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>4</b> 5k - 3 m run 10K - 5 m run HM - 3 m run	<b>5</b> 5k - 40 min tempo 10K - 45 min tempo HM - 5 m run @ race pace	<b>6</b> 5k - 3 m run 10K - 3 m + strength HM - 3 m run	<b>7</b> 5k - Rest 10K - Rest HM - Rest	<b>8</b> 5k - 5 m run 10K - 5 K Race HM - 11 m run
<b>9</b> 5k - 4 m run 10K - 60 m CT HM - 60 m CT	<b>10</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>11</b> 5k - 3 m run 10K - 6 m run HM - 3 m run	<b>12</b> 5k - 8 x 400 10K - 8x800 5k pace HM - 5 m run	<b>13</b> 5k - 3 m run 10K - 4 m + strength HM - 3 m run	<b>14</b> 5k - Rest 10K - Rest HM - Rest	<b>15</b> 5k - 5 m run fast 10K - 7 m run HM - 12 m run
<b>16</b> 5k - 4 m run 10K - 60 m CT HM - 60 m CT	<b>17</b> 5k - Rest 10K - 3m + strength HM - Rest	<b>18</b> 5k - 2-3 m run 10K - 4 m run HM - 2 m run @ race pace	<b>19</b> 5k - 2 m run 10K - 30 min tempo HM - 2 m run	<b>20</b> 5k - 1-2 m run 10K - 1-2 m run HM - Rest EXPO: 5-8	<b>21</b> 5k - Rest 10K - Rest HM - Rest EXPO: 11 - 7	<b>22</b> <b>RACE DAY!</b>
<b>23</b> REST DAY!	<b>24</b> <b>Medal Monday!</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						