

New Runners Summer Training

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Minutes
6/1	6/7	25	25	10	25	20	35		140
6/8	6/14	20	25	25		20	35		125
6/15	6/21	25	25	10	25	20	35		140
6/22	6/28	25	25	20	25	20	40		155
6/29	7/5	25	25	25	30	25	40		170
7/6	7/12	25	25	25	30	25	40		170
7/13	7/19	25	30	25	30	30	45		185
7/20	7/26	25	35	25	35	35	45		200
7/27	8/2	25	25	25	25	25	45		170