

June 2022

			1	2	3	4
5	6	7	8	9	10	11
12	13 3 miles	14 4 miles 4x100m@1600	15 3 miles 4x200m hill repeats	16 4 miles	17 3 miles 4x30m Fly	18 (17 miles)
19	20 5 miles	21 3 miles 4x100m@1600	22 4 miles 4x200m hill repeats	23 5 min 3x(2min@5k+ 3min@easy) 5 min (~3 miles)	24 3 miles 4x30m Flys	25 (18 miles)
26	27 6 miles	28 3 miles 4x100m@1600	29 4 miles 4x200m hill repeats	30 5 min 4x(2min@5k+ 3min@easy) 5 min (~4 miles)		

July 2022

					1 3 miles 4x30m Flys	2 (20 miles)
3	4 6 miles	5 3 miles 6x100m@1600	6 4 miles 6x200m hill repeats	7 5 min 4x(2min@5k+ 3min@easy) 5 min (~4 miles)	8 3 miles 4x30m Flys	9 (20 miles)
10	11 7 miles	12 3 miles 6x100m@1600	13 5 miles 6x200m hill repeats	14 5 min 4x(2min@5k+ 3min@easy) 5 min (~4 miles)	15 3 miles 4x30m Flys	16 (22 miles)
17	18 7 miles	19 3 miles 6x100m@1600	20 5 miles 6x200m hill repeats	21 5 min 4x(2min@5k+ 3min@easy) 5 min (~4 miles)	22 3 miles 4x30m Flys	23 (22 miles)
24	25 8 miles	26 3 miles 6x100m@1600	27 5 miles 6x200m hill repeats	28 5 min 5x(2min@5k+ 3min@easy) 5 min (~5 miles)	29 4 miles 4x30m Flys	30 (25 miles)
31						

August 2022

	1 8 miles	2 3 miles 8x100m@1600	3 5 miles 8x200m hill repeats	4 5 min 5x(2min@5k+ 3min@easy) 5 min (~5 miles)	5 4 miles 4x30m Flys	6 (25 miles)
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			