

# June 2022

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

# July 2022

|    |                          |                              |                                      |                                                                       |                             |                                 |
|----|--------------------------|------------------------------|--------------------------------------|-----------------------------------------------------------------------|-----------------------------|---------------------------------|
|    |                          |                              |                                      |                                                                       | 1<br>3 miles<br>4x30m Flys  | 2<br>7 miles<br><br>(30 miles)  |
| 3  | 4<br>5 mile Progression  | 5<br>4 miles<br>6x100m@1600  | 6<br>5 miles<br>6x200m hill repeats  | 7<br>10 min<br>4x(2min@5k+<br>3min@moderate)<br>10 min<br>(~6 miles)  | 8<br>3 miles<br>4x30m Flys  | 9<br>7 miles<br><br>(30 miles)  |
| 10 | 11<br>6 mile Progression | 12<br>4 miles<br>6x100m@1600 | 13<br>5 miles<br>6x200m hill repeats | 14<br>10 min<br>4x(2min@5k+<br>3min@moderate)<br>10 min<br>(~6 miles) | 15<br>3 miles<br>4x30m Flys | 16<br>8 miles<br><br>(32 miles) |
| 17 | 18<br>6 mile Progression | 19<br>4 miles<br>6x100m@1600 | 20<br>6 miles<br>6x200m hill repeats | 21<br>10 min<br>5x(2min@5k+<br>3min@moderate)<br>10 min<br>(~7 miles) | 22<br>4 miles<br>4x30m Flys | 23<br>8 miles<br><br>(35 miles) |
| 24 | 25<br>7 mile Progression | 26<br>4 miles<br>6x100m@1600 | 27<br>6 miles<br>6x200m hill repeats | 28<br>10 min<br>5x(2min@5k+<br>3min@moderate)<br>10 min<br>(~7 miles) | 29<br>4 miles<br>4x30m Flys | 30<br>9 miles<br><br>(37 miles) |
| 31 |                          |                              |                                      |                                                                       |                             |                                 |

# August 2022

|    |                         |                             |                                     |                                                                      |                            |                                |
|----|-------------------------|-----------------------------|-------------------------------------|----------------------------------------------------------------------|----------------------------|--------------------------------|
|    | 1<br>7 mile Progression | 2<br>4 miles<br>8x100m@1600 | 3<br>6 miles<br>8x200m hill repeats | 4<br>10 min<br>5x(2min@5k+<br>3min@moderate)<br>10 min<br>(~7 miles) | 5<br>4 miles<br>4x30m Flys | 6<br>9 miles<br><br>(37 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                                  |                                                                      |                            |                                |