June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 5 miles	14 4 miles 4x100m@1600	15 5 miles 4x200m hill repeats	16 6 miles	17 3 miles 4x30m Flys	18 7 miles (30 miles)
19	20 6 mile Progression	21 4 miles 4x100m@1600	22 5 miles 4x200m hill repeats	23 10 min 4x(2min@5k+ 3min@moderate) 10 min (~6 miles)	24 3 miles 4x30m Flys	25 8 miles (32 miles)
26	27 7 mile Progression	28 4 miles 4x100m@1600	29 6 miles 4x200m hill repeats	30 10 min 4x(2min@5k+ 3min@moderate) 10 min (~6 miles)		

July 2022

					1 4 miles 4x30m Flys	**2** 8 miles (35 miles)
3	**4** 7 mile Progression	**5** 4 miles 6x100m@1600	**6** 6 miles 6x200m hill repeats	**7** 10 min 4x(2min@5k+ 3min@moderate) 10 min (~6 miles)	**8** 4 miles 4x30m Flys	**9** 9 miles (36 miles)
10	**11** 8 mile Progression	**12** 5 miles 6x100m@1600	**13** 7 miles 6x200m hill repeats	**14** 10 min 5x(2min@5k+ 3min@moderate) 10 min (~7 miles)	**15** 4 miles 4x30m Flys	**16** 9 miles (40 miles)
17	**18** 8 mile Progression	**19** 5 miles 6x100m@1600	**20** 7 miles 6x200m hill repeats	**21** 10 min 5x(2min@5k+ 3min@moderate) 10 min (~7 miles)	**22** 4 miles 4x30m Flys	**23** 10 miles (41 miles)
24	**25** 9 mile Progression	**26** 5 miles 6x100m@1600	**27** 7 miles 6x200m hill repeats	**28** 10 min 5x(2min@5k+ 3min@moderate) 10 min (~7 miles)	**29** 4 miles 4x30m Flys	**30** 10 miles (42 miles)
31						

August 2022

		1	2	3	4	5	6
		9 mile Progression	6 miles 8x100m@1600	7 miles 8x200m hill repeats	10 min 6x(2min@5k+ 3min@moderate) 10 min (~7 miles)	5 miles 4x30m Flys	11 miles (45 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				