

June- July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JUNE 11	12	13	14	15	16
Rest Yoga	-Bike or 45 minutes -Stretch/Roll -Yoga	-Fitness & bike or 45 minutes + café hills -Stretch/Roll -Yoga	Captain's Practice (7am) -Swim/yoga or -45 minutes	-Fitness & bike or 45 minutes -Stretch/Roll -Yoga	-30 mins or 45 mins w/hard last mile -Fitness -Stretch/Roll -Yoga	Captain's Practice (7am) -30 mins or -45 mins
17	18	19	20	21	22	23
Rest Yoga Swim	-40 mins -Buildups -Fitness	-45 mins -Lift - UB	Captain's Practice (7am) -40 mins -Swim/yoga	-50 mins – 25 mins of segments -Lift – LB <i>P.M. – 20 mins</i>	-45 mins -Buildups -Fitness	Captain's Practice (7am) -45 mins
24	25	26	27	28	29	30
Rest Yoga Swim	-45 mins -Buildups -Fitness	-50 mins – descending miles - Lift - LB <i>P.M. – 30 mins</i>	Captain's Practice (7am) -50 mins -Swim/yoga	-60 mins – w/ hammer Fitness <i>P.M. – 20 mins</i>	-60 mins -Buildups -Lift - UB	Captain's Practice (7am) -50 mins

	JULY	1	2	3	4	5	6	7
Rest			-50 mins	-50 mins - Hills	Captain's Practice	-60 mins – w/ 3 mile	-70 mins	Captain's Practice
Yoga			-Buildups	-Lift - LB	(7am)	tempo	-Buildups	(7am)
Swim			-Fitness		-60 mins	-4 x 400m	-Lift - UB	-50 mins
					-Swim/yoga	-Fitness		
				<i>P.M. – 30 mins</i>		<i>P.M. – 20 mins</i>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
Rest	-60 mins	-4 x 1 mile repeats	Captain's Practice	-60 mins	-70-80 mins	Captain's Practice
Yoga	-Buildups	-Lift - LB	(7am)	-Fitness	-Buildups	(7am)
Swim	-Fitness		-60 mins		-Lift - UB	-50 mins
		<i>P.M. – 40 mins</i>	-Swim/yoga	<i>P.M. – 20 mins</i>		
15	16	17	18	19	20	21
Rest	-60 mins	-20 x 400m	Captain's Practice	-60 mins- w/	-80 mins	Captain's Practice
Yoga	-Buildups	-Lift - LB	(7am)	hammer	-Buildups	(7am)
Swim	-Fitness		-60 mins	-Fitness	-Lift - UB	-60 mins
		<i>P.M. – 40 mins</i>	-Swim/yoga	<i>P.M. – 20 mins</i>		
22	23	24	25	26	27	28
Rest	Training Calendar					
Yoga	coming! →					
Swim						

