

June- July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JUNE 11	12	13	14	15	16
Rest Yoga	G2: 30 mins G3: 2 miles -Buildups -Lift - UB	G2: 35 mins G3: 2.5 miles -Fitness	Captain's Practice (7am) G2: 30 mins G3: 2 miles -Swim/yoga	G2: 40 mins– hard last 2 miles G3: 3 miles – hard last mile -Fitness	G2: 50 mins G3: 4-5 miles -Buildups -Lift - LB	Captain's Practice (7am) G2: 35 mins G3: 3 miles
17	18	19	20	21	22	23
Rest Yoga Swim	G2: 40 mins G3: 3 miles -Buildups -Fitness	G2: 50 mins G3: Track workout -Lift - UB	Captain's Practice (7am) G2: 40 mins G3: 3 miles -Swim/yoga	G2: 40 mins – 20 mins of segments G3: 3-4 miles -Lift - LB <i>P.M. – 20 mins</i>	G2: 50-60 mins G3: 5 miles -Buildups -Fitness	Captain's Practice (7am) G2: 40 mins G3: 3 miles
24	25	26	27	28	29	30
Rest Yoga Swim	G2: 40 mins G3: 3-4 miles -Buildups -Fitness	G2: 50 mins – descending miles G3: 4 miles - Lift - LB <i>P.M. – 20 mins</i>	Captain's Practice (7am) G2: 45 mins G3: 3 miles -Swim/yoga	G2: 50 mins – w/ hammer G3: Track workout -Fitness <i>P.M. – 20 mins</i>	G2: 60 mins G3: 5-6 miles -Buildups -Lift - UB	Captain's Practice (7am) G2: 40 mins G3: 3 miles

JULY	1	2	3	4	5	6	7
Rest Yoga Swim	G2: 50 mins G3: 4 miles -Buildups -Fitness	G2: 50 mins - Hills G3: 40 mins - Hills -Lift - LB <i>P.M. – 30 mins</i>	Captain's Practice (7am) G2: 45 mins G3: 3-4 miles -Swim/yoga	G2: 60 mins – w/ hammer G3: Segments on track -Fitness <i>P.M. – 20 mins</i>	G2: 65 mins G3: 6 miles -Buildups -Lift - UB	Captain's Practice (7am) G2: 45 mins G3: 4 miles	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
Rest Yoga Swim	G2: 50 mins G3: 4.5 miles -Fitness	G2: 60 mins – w/ hammer G3: 4 miles – hard last mile -Lift - LB <i>P.M. – 30 mins</i>	Captain's Practice (7am) G2: 45 mins G3: 4 miles -Swim/yoga	G2: 1600, 2x800, 4x400 G3: 1600, 2x800, 4x400 -Fitness <i>P.M. – 20 mins</i>	G2: 60-70 mins G3: 6 miles -Lift - UB	Captain's Practice (7am) G2: 45 mins G3: 4 miles
15	16	17	18	19	20	21
Rest Yoga Swim	G2: 50-60 mins G3: 5 miles -Buildups -Fitness	G2: 60 mins G3: 400 m. repeats -Lift?? - LB <i>P.M. – 30 mins</i>	Captain's Practice (7am) G2: 50 mins G3: 4 miles -Swim/yoga	G2: 400 m. repeats G3: 5 miles – last mile hardest -Fitness <i>P.M. – 20 mins</i>	G2: 70 mins G3: 6-7 miles -Buildups -Lift - UB	Captain's Practice (7am) G2: 50 mins G3: 5 miles

Rest Yoga Swim	22	23 Training Calendar coming! →	24	25	26	27	28
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