Month	Week	Elite	High School	Middle School				
Мау	All	Rest	Rest	Rest				
June	1st-7th	4-4-4T-4	2-2-2-3T	1-1-1-2T				
	8th-14th	4-5-4T-5	2-3-2-3T	1-2-1-2T				
	15th-21st	4-6-4T-6	3-3-3-3T	1-2-2-2T				
	16th-28th	4-7-4T-7	3-4-4-3T	2-2-2T-2				
	29th-July 5th	Rest	Rest	Rest				
July	6th-12th	4-6-4T-6	3-3-3-3T	1-2-2-2T				
	13th-19th	4-7-4T-7	3-4-4-3T	2-2-2-2T				
	20th-26th	5-8-4T-7	3-5-5-3T	2-3-3-2T				
	27th-31st	444	333	3-4-3-2T				
August	3rd-9th	In Season	In Season	Rest				
	High school practice begins August 1st at CDS at 8 AM. You will do your "T" run that morning as a test.							
	Middle school pracgice begins August 10th at 6 pm at CDS. You should use the first week of August to rest.							
	Elite = Those who ran distance track in the spring.							
	High School = Those in grades 9-12 who did not run track							
	Middle school							
	ALL - ONE day per week can be substituted for a different cardio activity that has your heart rate for the same time or longer							