GROUP	Monday 01/04	Tuesday 01/05	Wed 01/06	Thursday 01/07	Friday 01/08	Saturday 01/09	Sunday 01/10	Monday 01/11
FULL/GREEN	50/e	40/e	OFF	35/tempo	OFF	6 miles	OFF	35/e
FULL	45/e	40/e	OFF	35/tempo	OFF	6 miles	OFF	35/e
HALF	35/e	40/e	OFF	35/tempo	OFF	6 miles	OFF	35/e
ATP	50/e	40/e	OFF	35/tempo	OFF	6 miles	OFF	35/e

Start Date:	7/18/2020										
Week	**Date**	**Color Group**	**olor I**	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**tart Time**
1	7/10/2021	Green	1	4 MILES	OFF	30/e	40/e	OFF	35/e	OFF	**TBD**
2	7/17/2021	Green	1	5 MILES	OFF	35/e	40/e	OFF	35/e	OFF	**TBD**
3	7/24/2021	Green	1	4 MILES	OFF	40/e	40/hill	OFF	45/e	OFF	**TBD**
4	7/31/2021	Green	1	5 MILES	OFF	45/e	45/hill	OFF	40/tempo	OFF	**TBD**
5	8/7/2021	Green	1	6 MILES	OFF	40/e	50/hill	OFF	50/tempo	OFF	**TBD**
6	8/14/2021	Green	1	7 MILES	OFF	50/e	55/hill	OFF	45/tempo	OFF	**TBD**
7	8/21/2021	Green	1	9 MILES	OFF	40/e	45/hill	OFF	50/tempo	OFF	**TBD**
8	8/28/2021	Green	1	10 MILES	OFF	45/e	11x60-60	OFF	45/tempo	OFF	**TBD**
9	9/4/2021	Green	1	9 MILES	OFF	55/e	7x400/200m	OFF	50/tempo	OFF	**TBD**
10	9/11/2021	Green	1	11 MILES	OFF	50/e	6x400/200m	OFF	45/tempo	OFF	**TBD**
11	9/18/2021	Green	1	12 MILES	OFF	40/e	8x400m/200m	OFF	50/tempo	OFF	**TBD**
12	9/25/2021	Green	1	12 MILES	OFF	40/e	9x400m/200m	OFF	45/tempo	OFF	**TBD**
13	10/2/2021	Green	1	13 MILES	OFF	35/e	40/hill	OFF	50/tempo	OFF	**TBD**
14	10/9/2021	Green	1	12 MILES	OFF	45/e	45/hill	OFF	45/tempo	OFF	**TBD**
15	10/16/2021	Green	1	13 MILES	OFF	OFF	50/hill	OFF	50/tempo	OFF	**TBD**
16	10/23/2021	Green	1	14 MILES	OFF	35/e	55/hill	OFF	45/tempo	OFF	**TBD**
17	10/30/2021	Green	1	13 MILES	**Houston Half-Marathon**	35/e	45/hill	OFF	35/tempo	OFF	**TBD**
18	11/6/2021	Green	1	16 MILES	OFF	45/e	3x800/3 min rest	OFF	35/e	OFF	**TBD**
19	11/13/2021	Green	1	11 MILES	OFF	35/e	3x800/3 min rest	OFF	35/tempo	OFF	**TBD**
20	11/20/2021	Green	1	15 MILES	OFF	35/e	40/e	OFF	50/e	OFF	**TBD**
21	11/27/2021	Green	1	18 MILES	OFF	35/e	7x400m/400m	OFF	35/tempo	OFF	**TBD**
22	12/4/2021	Green	1	16 MILES	OFF	45/e	3x800/3 min rest	OFF	40/tempo	OFF	**TBD**
23	12/11/2021	Green	1	14 MILES	OFF	50/e	5x800/3 min rest	OFF	50/e	OFF	**TBD**
24	12/18/2021	Green	1	22 MILES	OFF	40/e	35/tempo	OFF	35/tempo	OFF	**TBD**
25	12/25/2021	Green	1	14 MILES	OFF	50/e	40/e	OFF	35/tempo	OFF	**TBD**
26	1/1/2022	Green	1	8 MILES	OFF	35/tempo	20/ easy	OFF	40/e	OFF	**TBD**
27	1/8/2022	Green	1	6 MILES	OFF	OFF	20/ easy	OFF	20/e	OFF	**TBD**

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28	1/15/2022	Green	1	OFF	Chevron Marathon	OFF	35/tempo	OFF	35/e	OFF	**TBD**
29	1/22/2022	Green	1	6 MILES	OFF	40/e	40/tempo	OFF	20/e	OFF	**TBD**

Start Date:	7/18/2020									
Week	**Date**	**Color Group**	**Sat**	**Sun**	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Start Time**
1	7/10/2021	Orange	2 MILES	OFF	25/e	30/e	OFF	25/e	OFF	**TBD**
2	7/17/2021	Orange	3 MILES	OFF	30/e	30/e	OFF	25/e	OFF	**TBD**
3	7/24/2021	Orange	2 MILES	OFF	35/e	35/hill	OFF	35/e	OFF	**TBD**
4	7/31/2021	Orange	3 MILES	OFF	35/e	35/hill	OFF	35/tempo	OFF	**TBD**
5	8/7/2021	Orange	4 MILES	OFF	40/e	40/hill	OFF	40/tempo	OFF	**TBD**
6	8/14/2021	Orange	5 MILES	OFF	40/e	45/hill	OFF	35/tempo	OFF	**TBD**
7	8/21/2021	Orange	4 MILES	OFF	30/e	45/hill	OFF	45/tempo	OFF	**TBD**
8	8/28/2021	Orange	5 MILES	OFF	40/e	5x400/200m	OFF	35/tempo	OFF	**TBD**
9	9/4/2021	Orange	6 MILES	OFF	40/e	6x400m/200m	OFF	40/tempo	OFF	**TBD**
10	9/11/2021	Orange	4 MILES	OFF	35/e	4x800m/3min	OFF	35/tempo	OFF	**TBD**
11	9/18/2021	Orange	6 MILES	OFF	35/e	6x400m/200m	OFF	40/tempo	OFF	**TBD**
12	9/25/2021	Orange	7 MILES	OFF	35/e	8x400m/200m	OFF	35/tempo	OFF	**TBD**
13	10/2/2021	Orange	5 MILES	OFF	40/e	40/hill	OFF	40/tempo	OFF	**TBD**
14	10/9/2021	Orange	7 MILES	OFF	45/e	45/hill	OFF	35/tempo	OFF	**TBD**
15	10/16/2021	Orange	8 MILES	OFF	40/e	50/hill	OFF	30/tempo	OFF	**TBD**
16	10/23/2021	Orange	7 MILES	OFF	40/e	55/hill	OFF	35/tempo	OFF	**TBD**
17	10/30/2021	Orange	8 MILES	**Houston Half-Marathon**	35/e	45/hill	OFF	40/tempo	OFF	**TBD**
18	11/6/2021	Orange	9 MILES	OFF	35/e	3x800/3 min rest	OFF	25/e	OFF	**TBD**
19	11/13/2021	Orange	8 MILES	OFF	35/e	3x800/3 min rest	OFF	35/tempo	OFF	**TBD**
20	11/20/2021	Orange	9 MILES	OFF	35/e	40/e	OFF	40/e	OFF	**TBD**
21	11/27/2021	Orange	10 MILES	OFF	35/e	7x400m/400m	OFF	35/tempo	OFF	**TBD**
22	12/4/2021	Orange	11 MILES	OFF	35/e	3x800/3 min rest	OFF	30/tempo	OFF	**TBD**
23	12/11/2021	Orange	10 MILES	OFF	35/e	5x800/3 min rest	OFF	40/e	OFF	**TBD**
24	12/18/2021	Orange	12 MILES	OFF	35/e	35/e	OFF	30/tempo	OFF	**TBD**
25	12/25/2021	Orange	8 MILES	OFF	35/e	40/e	OFF	35/tempo	OFF	**TBD**
26	1/1/2022	Orange	6 MILES	OFF	35/e	20/ easy	OFF	40/e	OFF	**TBD**

27	1/8/2022	Orange	4 MILES	OFF	35/e	20/ easy	OFF	20/e	OFF	**TBD**
28	1/15/2022	Orange	OFF	Aramco Half Marathon	40/e	35/tempo	OFF	35/e	OFF	**TBD**
29	1/22/2022	Orange	6 MILES	OFF	45/e	30/easy	OFF	20/e	OFF	**TBD**
30	1/29/2022	Orange		USA Fit Marathon	45/e	5x800/3 min rest	OFF	35/tempo	OFF	

Week #	Training Week	Saturday	Sunday	Monday	Tuesday
1	7/10/2021	**4**	4 Miles Easy	3 miles\cross train	**3 miles / Prep**
2	7/17/2021	**5**	4 Miles Easy	3 miles\cross train	**4 miles / Prep**
3	7/24/2021	**6**	4 Miles Easy	3 miles\cross train	**5 miles / Prep**
4	7/31/2021	**5**	4 Miles Easy	4 miles\cross train	**Prep / 3 miles**
5	8/7/2021	**6**	4 Miles Easy	3 miles\cross train	**Prep/ 4 miles**
6	8/14/2021	**7**	4 Miles Easy	3 miles\cross train	**2 mile/prep/2 miles**
7	8/21/2021	**9**	3 miles\cross train	**1 mile time trial/Prep**	3-5 miles /crosstrain
8	8/28/2021	**10**	4 Miles Easy	4 miles\cross train	**400 GST / 2 miles**
9	9/4/2021	**9**	6 Miles Easy	4 miles\cross train	**600 GST / 2 miles**
10	9/11/2021	**11**	6 Miles Easy	4 miles\cross train	**800 GST / 2 miles**
11	9/18/2021	**14**	5 Miles Easy	7 miles\cross train	**4 miles**
12	9/25/2021	**10**	5 Miles Easy	4 miles\cross train	**SST / 3 miles**
13	10/2/2021	**16**	5 Miles Easy	4 miles\cross train	**SST / 4 miles**
14	10/9/2021	**8**	4 Miles Easy	4 miles\cross train	**SST / 4 miles**
15	10/16/2021	Rest or **12**	3 Miles Easy	6 miles\cross train	**5 miles**
16	10/23/2021	**16**	5 miles easy	4 miles\cross train	**Hills**
17	10/30/2021	10	**13.1/Houston Half**	5 miles\cross train	**Hills**
18	11/6/2021	**8**	3 miles Easy	5 miles\cross train	**3X1600m (5K pace) w\4 min recoveries\2 miles**
19	11/13/2021	**18**	4 Miles Easy	4 miles\cross train	**Hills**
20	11/20/2021	**8**	4 Miles Easy	6 miles\cross train	**3X1600m (5K pace) w\4 min recoveries\2 miles**
21	11/27/2021	**6**	3 Miles Easy	6 miles\cross train	**400 GST / 2 miles**
22	12/4/2021	**18**	3 miles Easy	Rest	**5K time trial**
23	12/11/2021	14 MILES	4 miles Easy	6 miles\cross train	**ESR / 3 miles**
24	12/18/2021	22 MILES	3 Miles Easy	6 miles\cross train	**5x800m (5K pace)\2 miles**

Wednesday	Thursday	Friday
3-5 miles /crosstrain	**3 Miles/ PREP**	Rest
3-5 miles /crosstrain	**4 Miles/ PREP**	Rest
3-5 miles /crosstrain	**5 Miles/ PREP**	Rest
3-5 miles /crosstrain	**Prep / 3 miles**	Rest
3-5 miles /crosstrain	**Prep / 4 miles**	Rest
3-5 miles /crosstrain	**2 mile/prep/2 miles**	Rest
5 Mile tempo	Rest	Rest
3-5 miles /crosstrain	**400 GST / 2 miles**	Rest
3-5 miles /crosstrain	**600 GST / 2 miles**	Rest
3-5 miles /crosstrain	**800 GST / 2 miles**	Rest
3-5 miles /crosstrain	**1200 GST / 2 miles**	Rest
3-5 miles /crosstrain	**8X30-30 vVO2 Max / 2 miles**	Rest
3-5 miles /crosstrain	**SST / 4 miles**	4 miles
3-5 miles /crosstrain	**16X30-30 vVO2 Max / 2 miles**	Rest
3-5 miles /crosstrain	**SST / 4 miles**	4 miles
3-5 miles /crosstrain	**Hills**	Rest
3-5 miles /crosstrain	**Hills**	3 miles
3-5 miles /crosstrain	**Hills**	Rest
3-5 miles /crosstrain	**8X60-60 vVO2 Max / 2 miles**	4 miles
3-5 miles /crosstrain	**4x400m sprint w\1 min recoveries\2 miles**	4 miles
3-5 miles /crosstrain	**5x800m (5K pace) / 2 miles**	Rest
3-5 miles /crosstrain	**ESR / 3 miles**	4 miles
3-5 miles /crosstrain	**ESR / 3 miles**	Rest
3-5 miles /crosstrain	**5 miles**	Rest

25	12/25/2021	14 MILES	4 Miles Easy	Rest	**3 miles easy**
26	1/1/2022	8 MILES	5 Miles Easy	5 miles\cross train	**5x3 min @ vVO2 Max w/3 min recoveries/2 miles**
27	1/8/2022	6 MILES	4 Miles Easy	5 miles\cross train	**5x800m (5K pace)/400 jog\2 miles CD**
28	1/15/2022	**OFF**	**Houston Marathon(J**	4 miles\cross train	**3 mile @MP w/2 mile cool down**
	1/22/2022		**OFF**		

3-5 miles /crosstrain	**5x3 min @ vVO2 Max w/3 min recoveries/2 miles**	Rest
3-5 miles /crosstrain	**5x3 min @ vVO2 Max w/3 min recoveries/2 miles**	Rest
3-5 miles /crosstrain	**4 miles easy**	Rest
3-5 miles /crosstrain	**3 miles easy**	

DATES	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday 01/10
Mar 1st	50/e	Track/timetrial	OFF	HILLS	OFF	9 MILES	Crosstrain
Mar 8th	45/e	HILLS	OFF	GST 400	OFF	11 MILES	Crosstrain
Mar 15th	35/e	GST 800	OFF	HILLS	OFF	6 MILES	Crosstrain
Mar 22nd	50/e	Track	OFF	HILLS	OFF	14 MILES	Crosstrain
Mar 29th	OFF	Track/timetrial	OFF				
	Time trial 1st	**2nd**	**Goal**				
Rebecca	7.33	7.40	7.00				
Yuliana	8.19	7.29	7.45				
Dena	9.49		9.15				
Jeanette	7.56	7.46	7.15				
erika	7.10		6.40				
Terry	7.58	7.38	7.15				
sophie	7.38		7.00				