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| June 2013 | | | | | | |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** |
| **2**  REST | **3**  Goal: 3 mi @ 7:30 pace | **4**  Goal: 4 mi @ 8:00 pace  w/3 2-min pick-ups @ 7:30 pa | **5**  Goal: 1 mi @ 6:40 pace  2 mi @ 8:00 pace | **6**  Goal: 3 mi-repeats @  7:10 pace | **7**  Goal: 3 10-min-repeats @ 8:00, 7:50, 7:40 | **8**  Goal: 5 mi @ 7:45 pace |
| **9**  REST | **10**  Goal: 3 mi @ 7:05 pace | **11**  Goal: 4 mi @ 7:55 pace  w/3 2-min pick-ups @ 7:10 pace | **12**  Goal: 1 mi @ 6:15 pace  & 2 mi @ 8:00 pace | **13**  Goal: 3 mi-repeats @ 6:50 pace | **14**  Goal: 3 10-min-repeats @ 7:50, 7:40, 7:30 | **15**  Goal: 5 mi @ 7:40 pace |
| **16**  REST | **17**  Goal: 3 mi @ 6:45 pace | **18**  Goal: 4 mi @ 7:50 pace  w/3 2-min pick-ups @ 6:50 pace | **19**  Goal: 1 mi @ 5:50 pace  2 mi @ 8:00 pace | **20**  Goal: 3 mi-repeats @ 6:30 pace | **21**  Goal: 3 10-min-repeats @ 7:40, 7:30, 7:20 | **22**  Goal: 5 mi @ 7:35 pace |
| **23**  REST | **24**  Goal: 3 mi @ 6:30 pace | **25**  Goal: 4 mi @ 7:45 pace  w/3 2-min pick-ups @ 6:30 pace | **26**  Goal: 3 mi-repeats @ 6:26 pace | **27**  Goal: 3 10-min-repeats @ 7:30, 7:20, 7:10 | **28**  Goal: 3 mi @ 7:30 pace | **29**  5K Race  Goal: 6:26 pace |