|  |
| --- |
| June 2013 |
| **S** | **M** | **T** | **W** | **T** | **F** | **S** |
| **2**REST | **3**Goal: 3 mi @ 7:30 pace | **4**Goal: 4 mi @ 8:00 pacew/3 2-min pick-ups @ 7:30 pa | **5**Goal: 1 mi @ 6:40 pace2 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 pacew/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 pacew/3 2-min pick-ups @ 6:50 pace | **19**Goal: 1 mi @ 5:50 pace2 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 pacew/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 RaceGoal: 6:26 pace |