

JULY 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	2 Recommended distance 4-7 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 8, 1 min bursts. Cool down to complete distance for day.	3 Recommended distance of 3-6 miles New runners are recommended to start with 2-3 miles	4 Recommended distance of 4-7 miles New runners are recommended to start with 2-4 miles	5 Recommended distance of 3-6 miles easy Week Totals Between 24 to 45 miles
7 Recommended distance of 3-6 miles	8 Recommended distance 4-7 Miles	8 Recommended distance of 4-6 miles	9 Recommended distance 5-8 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 8, 1 min bursts. Cool down to complete distance for day.	10 Recommended distance of 4-6 miles	11 Recommended distance of 5-8 miles	12 rest if you want to or recommended distance run 4-8 miles easy Week Totals 29 to 49 miles.
14 Recommended distance of 4-6 miles	15 Recommended distance 4-8 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 8, 1 min bursts. Cool down to complete distance for day.	15 Recommended distance of 4-6 miles	16 Recommended distance 5-8 Long run.	17 Recommended distance of 4-6 miles	18 Recommended distance of 5 to 8 miles	19 Recommended distance of 4-7 easy on own Week total Between 30 to 49 miles.
21 Recommended distance of 4-6 miles	22 Recommended distance 4-8 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 8, 1 min bursts. Cool down to complete distance for day.	22 Recommended distance of 4-6 miles	23 Recommended distance 5-8 Long run.	24 Recommended distance of 4-6 miles	25 Recommended distance of 5 to 8 miles	26 rest if you want to or recommended distance run 4-8 miles easy Week Totals 30 to 50 miles.
28 Cond. at Charleston Falls 6:30 pm Recommended distance of 4-6 miles	29 Cond. At Taylorsville Metro park, Ross Rd entrance Recommended distance 4-8 Miles Fartlek run. Half mile warm up, 1min at 70%, 2 min recovery pace, total of 8, 1 min bursts. Cool down to complete distance for day.	29 Cond. at Charleston Falls 6:30 pm recommended distance of 4-6 miles	30 Cond. At Taylorsville Metro park, Ross Rd entrance at 6:30 pm. Recommended distance 5-8 Long run.	31 Cond. at Charleston Falls 6:30 pm recommended distance of 4-6 miles	Aug 1 First Day of official Practice at 9:00 am at Charleston falls	