



# April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 5 miles L
<b>7</b> 4 miles E	<b>8</b> Rest or Cross Train	<b>9</b> 1 mile E 2 x 1 mile CI 1 mile E	<b>10</b> 4 miles E	<b>11</b> Rest or Cross Train	<b>12</b> 3 miles E	<b>13</b> 6 miles L
<b>14</b> 4 miles E	<b>15</b> Rest or Cross Train	<b>16</b> 1 mile E 2 x 1.50 mile TI 1 mile E	<b>17</b> 4 miles E	<b>18</b> Rest or Cross Train	<b>19</b> 4 miles E	<b>20</b> 7 miles L
<b>21</b> 4 miles E	<b>22</b> Rest or Cross Train	<b>23</b> 1 mile E 3 x 1 mile CI 1 mile E	<b>24</b> 5 miles L <b>Clinic Night-Harper Creek High School</b>	<b>25</b> Rest or Cross Train	<b>26</b> 4 miles E	<b>27</b> 8 miles L
<b>28</b> 4 miles E	<b>29</b> Rest or Cross Train	<b>30</b> 1 mile E 2 Miles T 1 mile E				

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 To determine your workout paces and estimate your race pace, use the running calculator at [www.mcmillanrunning.com](http://www.mcmillanrunning.com)



# May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 6 miles L	<b>2</b> Rest or Cross Train	<b>3</b> 4 miles E 4 to 6 Stride-outs	<b>4</b> 1 mile E 5 miles P 1 mile E
<b>5</b> 4 miles E	<b>6</b> Rest or Cross Train	<b>7</b> 1 mile E 3 x 1 mile CI 1 mile E	<b>8</b> 6 miles L	<b>9</b> Rest or Cross Train	<b>10</b> 4 miles E 4 to 6 Stride-outs	<b>11</b> 9 miles L
<b>12</b> 4 miles E	<b>13</b> Rest, or Cross Train	<b>14</b> 1 mile E 2 x 1.50 miles TI 1 mile E	<b>15</b> 6 miles L	<b>16</b> Rest or Cross Train	<b>17</b> 4 miles E 4 to 6 Stride-outs	<b>18</b> 10 miles L
<b>19</b> 4 miles E	<b>20</b> Rest or Cross Train	<b>21</b> 1 mile E 2 x 1.75 miles TI 1 mile E	<b>22</b> 7 miles L	<b>23</b> Rest or Cross Train	<b>24</b> 4 miles E 4 to 6 Stride-outs	<b>25</b> 1 mile E 6 miles P 1 mile E
<b>26</b> 4 miles E	<b>27</b> Rest, or Cross Train	<b>28</b> 1 miles E 3 x 1.5 miles TI 1 mile E	<b>29</b> 7 miles L	<b>30</b>	<b>31</b>	

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## June 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 12 miles L
<b>2</b> 4 miles E	<b>3</b> Rest or Cross Train	<b>4</b> 2 miles E 2 x 1.5 miles TI 1 mile E	<b>5</b> 7 miles L	<b>6</b> Rest or Cross Train	<b>7</b> 4 miles E	<b>8</b> Cereal City Classic 5k & 10k
<b>9</b> 4 miles E	<b>10</b> Rest or Cross Train	<b>11</b> 2 miles E 2 x 1.75 miles TI 1 mile E	<b>12</b> 6 miles E to P (progressively speed up)	<b>13</b> Rest or Cross Train	<b>14</b> 4 miles E 4 to 6 Stride-outs	<b>15</b> 13 miles L
<b>16</b> 4 miles E	<b>17</b> Rest or Cross Train	<b>18</b> 1 mile E 3 x 1 mile CI 1 mile E	<b>19</b> 5 miles E	<b>20</b> Rest or Cross Train	<b>21</b> 4 miles E 4 to 6 Stride-outs	<b>22</b> 9 miles L
<b>23</b> 4 miles E	<b>24</b> Rest or Cross Train	<b>25</b> 1 mile E 2 miles P 1 mile E	<b>26</b> 3 miles E	<b>27</b> Rest	<b>28</b> 3 miles E	<b>29</b> 7 miles L

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# July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>June 30</b> 4 miles E	<b>1</b> Rest or Cross Train	<b>2</b> 3 miles E	<b>3</b> 3 miles E	<b>4</b> Rest	<b>5</b> 3 miles E	<b>6</b> <b>Battle Creek Half Marathon</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

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