

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9 3 miles 27 min	10 *Weights or Plyom	11 4 – 120's 2 – Shuttles 1 – 5000's	12 *Weights or Plyom	13 Rest/Stretch	14 ODP Training
15 Cooper Run 5 – 120's 3 – Shuttles 1 – 5000's	16 3.5 miles 30 min	17 *Weights or Plyom	18 5 – 120's 4 – Shuttles 1 – 5000	19 *Weights or Plyom	20 Rest/Stretch	21 6 – 120's 4 – Shuttles 1 – 5000 2 – Fig 8
22 4 miles – 34 min	23 4 miles – 34 min	24 *Weights or Plyom	25 6 – 120's 4 – shuttles 1 – 5000 2 – Fig 8	26 *Weights or Plyom	27 Rest/Stretch	28 ODP Training
29 ODP Training	30 4 miles – 32 min					

2003

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 *Weights or Plyom	2 6 – 120's 5 – Shuttles 2 - 5000 3 – Fig 8's	3 *Weights or Plyom	4 Rest/Stretch	5 7 – 120's 5 – Shuttles 2 – 5000 3 – Fig 8's
6 Cooper Run 3 miles 30 min	7 4.5 miles 35 min	8 *Weights or Plyom	9 7 – 120's 5 – Shuttles 2 – 5000's 4 – Fig 8's	10 *Weights or Plyom	11 Rest/Stretch	12 Train/Fitness Test 9-11 1-3 Creekside
13 Train/Fitness Test De Anza 9-11 1-3	14 5 miles in 40 min Double Hydrate	15 Double Hydrate Rest/Stretch	16 Nice easy run 25 min Double Hydrate Stretch	17 Double Hydrate Rest/Stretch	18 Double Hydrate Rest/Stretch	19 Regional Camp Ck in 12pm – 4pm
20 Regional Camp	21 Regional Camp	22 Regional Camp	23 Regional Camp	24 Regional Camp Ck out 11:00 am No holdover Pool	25	26
27	28	29	30	31		

2003