

Summer Workout

Sun	Mon	Tues	Wed	Thur	Fri	Sat
June 8	June 9 Easy Run or Cross Train on Own	10 Easy Run or Cross Train on Own	11 Easy Run or Cross Train on Own	12 Easy Run or Cross Train on Own	13 Easy Run or Cross Train on Own	14 8:00AM Ritter – Medium Distance Run
15 Easy Run or Cross Train on Own	16 7:00AM Murphy – Long Run	17 Easy Run or Cross Train on Own	18 8:00AM Ritter Farm Park – Fartlek run	19 8:00AM LSHS – recovery run	20 8:00AM KTMS – hill circuits or AT	21 Farmington Dew Run 1 or 4 mile, 8:30AM
22 Easy Run or Cross Train on Own	23 7:00AM Murphy – Long Run	24 Easy Run or Cross Train on Own	25 8:00AM Ritter Farm Park – Fartlek run	26 8:00AM LSHS – recovery run	27 8:00AM KTMS – hill circuits or AT	28 8:00AM Ritter – Medium Distance Run
29 Easy Run or Cross Train on Own	30 7:00AM Murphy – Long Run	July 1 Easy Run or Cross Train on Own	July 2 8:00AM Ritter Farm Park – Fartlek run	3 8:00AM LSHS – recovery run	4 Apple Valley Freedom Days Run – 2 or 5 mile, 8:00AM	5 OFF Happy 4 th of July Holiday Weekend! Medium Run on your own.
6 Easy Run or Cross Train on Own	7 7:00AM Murphy – Long Run	8 Easy Run or Cross Train on Own	9 8:00AM Ritter Farm Park – Fartlek run	10 8:00AM LSHS – recovery run	11 8:00AM KTMS – hill circuits or AT	12 Pan-O-Prog 1 or 4 mile, 7:45AM
13 Easy Run or Cross Train on Own	14 7:00AM Murphy – Long Run	15 Easy Run or Cross Train on Own	16 8:00AM Ritter Farm Park – Fartlek run	17 8:00AM LSHS – recovery run	18 8:00AM KTMS – hill circuits or AT	19 Rosemount Run for the Gold – 1 or 4 mile, 8:25AM

20	21	22	23	24	25	26
Easy Run or Cross Train on Own	7:00AM Murphy – Long Run	Easy Run or Cross Train on Own	8:00AM Ritter Farm Park – Fartlek run	8:00AM LSHS – recovery run	8:00AM KTMS – hill circuits or AT	8:00AM Ritter – Medium Distance Run
27	28	29	30	31	August 1	2
Easy Run or Cross Train on Own	7:00AM Murphy – Long Run	Easy Run or Cross Train on Own	8:00AM Ritter Farm Park – Fartlek run	8:00AM LSHS – recovery run	8:00AM KTMS – hill circuits or AT	8:00AM Ritter – Medium Distance Run
3	4	5	6	7	8	9
Easy Run or Cross Train on Own	7:00AM Murphy – Long Run	Easy Run or Cross Train on Own	8:00AM Ritter Farm Park – Fartlek run	8:00AM LSHS – recovery run	8:00AM KTMS – hill circuits	Burnsville Beat the Heat Race – 1 or 4 mile, 8:30AM