

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13 Centennial Park: 2 mile WU, 3 mile date pace, 2 mile (7 miles); -2 for New	14 AM: Waterline: 6 miles; -2 for New PM: Core	15 Prospect Heights: 6.5 miles (New: Lamborn 4 miles)	16 AM: Oregon Drill (3 miles/20 min) PM: August Trail Race (tempo); New: 3 miles, easy run	17 -- Pictures -- Recovery Run: 5 miles, runners' choice; 5 x Wicket Drills & form	18 Helena Ridge Trail: 7.5 miles	19 Rest Day <i>Vets: 41 miles</i> <i>New: 30 miles</i> <i>(adjust if needed)</i>
20 Pinchot Loop: 7.5 miles; -1 for New	21 AM: 2 mile WU, 2- 4x1-mile tempo w/ 1- min rest, 2 mile CD (NW park or Siebel) PM: Core	22 Spring Meadow Lake: Preview Red and White course; 6x75 striders	23 AM: Spring Meadow Lake: Red and White (7 miles) PM: Core	24 Scratchgravel Hills: 7 miles; -2 for New	25 AM: Mt. Ascension: 8 miles (New: Archery Range, 6 miles) PM: Big Dipper 5K	26 Rest Day <i>Vets: 41 miles</i> <i>New: 33 miles</i> <i>(adjust if needed)</i>
27 LaGrande/Spring Meadow: 10 miles, 1 lap around lake for varsity (New: Joslyn, 7 miles)	28 6 miles, runners' choice; 5 x Wicket Drills & form; -2 for New	29 Simulator: 1.5 mile WU, 500 @ mile w/ 2 min rest, 4x1000 @ 5k w/600 jog, 500 @ mile, 1.5 mile CD (7.5 miles) - on grass	30 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD	31 RACE #1: Billings Invitational (7 miles)	1 7 miles, runners' choice (stay together, socialize), 6x75 striders; -2 for New	2 Rest Day <i>Vets: 41-42 miles</i> <i>New: 34 miles</i> <i>(adjust if needed)</i>