

# July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Dead Period Begins</b> 29</p> <p><b>Week 4 OYO</b> B 16-23 JV/VG 37 VB 48</p> <p><b>DEAD PERIOD</b></p>	<p><b>ATHLETE-LED</b> 30</p> <p>B 3-4 JV/VG 7 mi VB 8 mi 4-6 strides Varsity 15 min fartlek 30/1/2/3/2/1/30</p>	<p><b>ATHLETE-LED</b> 1</p> <p><b>HILLY Run</b> B 2-3 mi JV/VG 5-6 mi VB 6-7 mi</p>	<p><b>ATHLETE-LED</b> 2</p> <p>B 2-3 JV/VG 5-6 VB 7-8 mi 8-12x 200m 3min rest. 80-85%effort <b>FORM</b></p>	<p><b>ATHLETE-LED</b> 3</p> <p>B 3-4 JV/VG 3-4 mi VB 5-6</p>	<p><b>ATHLETE-LED</b> 4</p> <p>B 2-3 JV/VG 4-5 mi VB 7-8 mi 4-6 strides Find a 5k or tempo for 20 min.</p>	<p><b>Hilly Run</b> 5</p> <p><b>ATHLETE-LED</b> B 3-5 JV/VG 8 mi VB 10 mi 4-6 hill strides</p>
<p>6</p> <p><b>Week 5</b> B 18-27 JV/VG 40 VB 53</p> <p><b>DEAD PERIOD</b></p>	<p><b>ATHLETE-LED</b> 7</p> <p><b>HILLY Run</b> B 3-5 JV/VG 8 VB 10</p>	<p><b>ATHLETE-LED</b> 8</p> <p>B 3-4 JV/VG 5-6 VB 7-8 Varsity 15 min fartlek 30/1/2/3/2/1/30</p>	<p><b>ATHLETE-LED</b> 9</p> <p>B 3-4 JV/VG 5-6 VB 7-8</p>	<p><b>ATHLETE-LED</b> 10</p> <p>2 mi w/u &amp; 3 mi c/d 12-16x400 (4x400 w 90 sec rest)6 min inbtw sets for rest. CONTROLLED 80-85% Faster than previous time.</p>	<p><b>ATHLETE-LED</b> 11</p> <p>B 2-3 JV/VG 4-5 VB 5-6</p>	<p><b>HILLY Run</b> 12</p> <p>B 4-6 JV/VG 7-8 mi VB 8-10 mi</p>
<p><b>Dead Period Ends</b> 13</p> <p><b>Week 6</b> B 19-28 JV/VG 41 VB 52</p>	<p><b>2nd Time Trial</b> 14</p> <p><b>No A.M. Practice</b> 5:30 pm at ECP. 6:00 TT 2 mi w/u 1.5 mi time trial. 2 mi c/d</p>	<p>15</p> <p>B 2-3 mi JV/VG 4-5 mi VB 5-6 mi <b>NO PM PRACTICE</b></p>	<p><b>Wednesday Workout</b>16</p> <p>B 1 mi w/u &amp; 1 c/d JV/VG 1 mi w/u/2 c/d VB 2 mi w/u &amp; c/d 4:30-6pm 4x 1 mile repeat Exit drills/hurdles</p>	<p><b>Easy Run</b> 17</p> <p>B 2-3 mi JV/VG 3-4 mii VB 5-6 mi</p>	<p><b>Med. long</b> 1 8</p> <p>B 2-3 mi JV/VG 7-8 mi VB 8-9 mi (10x30m) Exit drills/hurdles</p>	<p><b>Mt. Sac Long Hill</b>19</p> <p>B 3-7 JV/VG 8 mi VB 10 mi 4-6 x 20 sec hill strides</p>
<p>20</p> <p><b>Week 7</b> B 19-30 JV/VG 44 VB 58 Mammoth or Coach Potts</p>	<p><b>Mammoth</b> 21</p> <p>B 3-6 JV/VG 9-10 mi VB 10-11 mi  630 pm @ ERHS Exit drills/hurdles</p>	<p><b>Mammoth</b> 22</p> <p>B 3-5 JV/VG 5-6 mi VB 7-8 mi  630 pm @ ERHS</p>	<p><b>Mammoth</b> 23</p> <p>B 3-5 JV/VG 4-5 mi VB 10-11 mi <b>3-4 mi tempo Mammoth</b> 630 pm @ ERHS Exit drills/hurdles</p>	<p><b>Mammoth</b> 24</p> <p>B 4 mi JV/VG 5-6 VB 7-8 mi  630pm @ ERHS</p>	<p><b>Mammoth</b> 25</p> <p>B 4 - 1 mi tt JV/VG 5 VB 6 mi  630 pm @ ERHS Exit drills/hurdles</p>	<p><b>Snipes Hills</b> 26</p> <p>No practice for Mammoth crew. 7 am at <b>Snipes</b> for everyone else.</p>
<p>27</p> <p><b>Week 8</b> B 20-28 JV/VG 40 VB 53</p>	<p>28</p> <p>B 3-5 JV/VG 8 mi VB 10 m <b>15-20 min Tempo/SS</b></p>	<p>29</p> <p>B 3-5 JV/VG 5-6 VB 7-8</p>	<p>30</p> <p>B 2-3 JV/VG 3-4 VB 5-6</p>	<p>31</p> <p>B 4 JV/VG 5-6 VB 7-8 <b>5-6x 3 min; 1 min off</b></p>	<p>1</p> <p>B 3-4 JV/VG 5-6 VB 6-7</p>	<p><b>Long Run</b> 2</p> <p>B 4-6 JV/VG 8-9 VB 10-12</p>