

Start Da	7/16/2023										
Week	Date	Color Group	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Start Time	
1	7/15/2023	Orange	2 MILES	OFF	25/e	30/e	OFF	25/e	OFF	TBD	
2	7/22/2023	Orange	3 MILES	OFF	30/e	30/e	OFF	25/e	OFF	TBD	
3	7/29/2023	Orange	2 MILES	OFF	35/e	35/hill	OFF	35/e	OFF	TBD	
4	8/5/2023	Orange	3 MILES	OFF	35/e	35/hill	OFF	35/tempo	OFF	TBD	
5	8/12/2023	Orange	4 MILES	OFF	40/e	40/hill	OFF	40/tempo	OFF	TBD	
6	8/19/2023	Orange	5 MILES	OFF	40/e	45/hill	OFF	35/tempo	OFF	TBD	
7	8/26/2023	Orange	4 MILES	OFF	30/e	45/hill	OFF	45/tempo	OFF	TBD	
8	9/2/2023	Orange	5 MILES	OFF	40/e	5x400/200m	OFF	35/tempo	OFF	TBD	
9	9/9/2023	Orange	6 MILES	OFF	40/e	6x400m/200m	OFF	40/tempo	OFF	TBD	
10	9/16/2023	Orange	4 MILES	OFF	35/e	4x800m/3min	OFF	35/tempo	OFF	TBD	
11	9/23/2023	Orange	6 MILES	OFF	35/e	6x400m/200m	OFF	40/tempo	OFF	TBD	
12	9/30/2023	Orange	7 MILES	OFF	35/e	8x400m/200m	OFF	35/tempo	OFF	TBD	
13	10/7/2023	Orange	5 MILES	OFF	40/e	40/hill	OFF	40/tempo	OFF	TBD	
14	10/14/2023	Orange	7 MILES	OFF	45/e	45/hill	OFF	35/tempo	OFF	TBD	
15	10/21/2023	Orange	8 MILES	OFF	40/e	50/hill	OFF	30/tempo	OFF	TBD	
16	10/28/2023	Orange	7 MILES	OFF	40/e	55/hill	OFF	35/tempo	OFF	TBD	
17	11/4/2023	Orange	8 MILES	OFF	35/e	45/hill	OFF	40/tempo	OFF	TBD	
18	11/11/2023	Orange	9 MILES	OFF	35/e	3x800/3 min rest	OFF	25/e	OFF	TBD	
19	11/18/2023	Orange	8 MILES	OFF	35/e	3x800/3 min rest	OFF	35/tempo	OFF	TBD	
20	11/25/2023	Orange	9 MILES	<b>Houston Half-Marathon</b>	35/e	40/e	OFF	40/e	OFF	TBD	
21	12/2/2023	Orange	10 MILES	OFF	35/e	7x400m/400m	OFF	35/tempo	OFF	TBD	
22	12/9/2023	Orange	11 MILES	OFF	35/e	3x800/3 min rest	OFF	30/tempo	OFF	TBD	
23	12/16/2023	Orange	12 MILES	OFF	35/e	5x800/3 min rest	OFF	40/e	OFF	TBD	
24	12/23/2023	Orange	10 MILES	OFF	35/e	35/e	OFF	30/tempo	OFF	TBD	
25	12/30/2023	Orange	8 MILES	OFF	35/e	40/e	OFF	35/tempo	OFF	TBD	
26	1/6/2024	Orange	6 MILES	OFF	35/e	20/ easy	OFF	40/e	OFF	TBD	
27	1/13/2024	Orange	2 MILES/EASY	<b>Aramco Half Marathon</b>	35/e	20/ easy	OFF	20/e	OFF	TBD	
28	1/20/2024	Orange	OFF	OFF	40/e	35/tempo	OFF	35/e	OFF	TBD	
29	1/27/2024	Orange	6 MILES	OFF	45/e	30/easy	OFF	20/e	OFF	TBD	
30	2/3/2024	Orange		<b>USA Fit Marathon</b>	45/e	5x800/3 min rest	OFF	35/tempo	OFF		