

Athlete	Weekly Volume Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday/"Extra Mile"
Akins, Jordan	30-35	Acceleration workout 100-200	4 miles	Starbucks + 4x150	800/1600 @ JV Champs	5 miles	50 mins	off
Beal, Cameron	30-35	3x600 30R 200 @ mile pace	5 miles	Acceleration workout 100-200	Starbucks + 4x150	3200 @ Creek	50 mins	off
Cochrane, Justin	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	3200 @ JV Champs	5 miles	50 mins	off
Currie, Ryan	40-45	3-4 sets of 600 30R 200 @ goal mile pace	6 miles	Acceleration workout	Starbucks + 4x150	4x800 leg 3 @ Creek	70 mins	7 miles
Dillon, Carter	30-35	3 sets of 600 30R 200 @ goal mile pace	5 miles	Acceleration workout	Starbucks + 4x150	3200 @ Creek	50 mins	off
Geisler, Ben	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	3200 @ JV Champs	5 miles	50 mins	off
Hafner, Sheldon	30-35	3sets of 600 30R 200 @ mile pace	5 miles	Acceleration workout	Starbucks + 4x150	1600 @ Creek	50 mins	off
Hart, Weston	40-45	4 sets of 600 30R 200 @ mlie pace	6 miles	Acceleration workout	Starbucks + 4x150	3200 @ Creek	70 mins	Optional 3-4 mile a.m. run during the week
Lovejoy, Chris	40-45	4 sets of 600 30R 200 @ mile pace	6 miles	Acceleration workout	Starbucks + 4x150	3200 @ Creek	70 mins	5-6 miles
Lund, Justin	30-35	3 sets of 600 30R 200 @ mile pace	5 miles	Acceleration workout	Starbucks + 4x150	1600 @ Creek	50 mins	off
Mackay, Parker	30-35	3 sets of 600 30R 200 @ mile pace	5 miles	Acceleration workout	Starbucks + 4x150	1600 @ Creek	50 mins	off
Minnihan, Brandon	25-30	Acceleration workout 100-200	4 miles	Starbucks + 4x150	1600 @ JV Champs	4 miles	40 mins	off
O'Sullivan, Michael								
Papay, Gage	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	4x800/800 @ JV Champs	5 miles	50 mins	off
Sparrow, Cody	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	4x800/1600 @ JV Champs	5 miles	50 mins	off
Weaver, Preston	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	1600/800 @ JV Champs	5 miles	50 mins	off
Wilson, Nate	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	3200 @ JV Champs	5 miles	50 mins	off
Zarrin, Shayan	30-35	3 sets of 600 30R 200 @ mile pace	5 miles	Acceleration workout	Starbucks + 4x150	1600 @ Creek	50 mins	off
Brown, Hannah	30-35	3 sets of 600 30R 200 @ mile pace	5 miles	Acceleration workout	Starbucks + 4x150	1600 @ Creek	50 mins	off
Chipman, Allie	30-35	4 sets of 600 30R 200 @ mile pace	5 miles	Acceleration workout	Starbucks + 4x150	4x800/800/4x400 @ Creek	60 mins	off
Easton, Madison	30-35	3 sets of 300 30R 200 @ 800 effort	5 miles	Acceleration workout	Starbucks + 4x150	4x800 @ Creek	70 mins	off
Eckhoff, Natalie	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	1600 @ JV Champs	5 miles	50 mins	off
Ehrman, Jessica	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	1600 @ JV Champs	5 miles	50 mins	off
Fitzsimmons, Delaney	35-40	4x1200 @ 3200 pace	6 miles	Acceleration workout	Starbucks + 4x150	4x800/800/4x400 @ Creek	65 mins	off

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Smetanka, Caroline	35-40	4x1200@ 3200 pace	6 miles	Acceleration workout	6 miles	3-4 sets of 600 30R 200 @ mile pace	60 mins	off
Soares, Lauren	35-40	3-4 sets of 600 30R 200 @ mile pace	6 miles	Acceleration workout	Starbucks + 4x150	3200 @ Creek	60 mins	4-5 mile easy
Suntken, Abby	35-40	4x1200@3200 pace	6 miles	Acceleration workout	6 miles	3-4 sets of 600 30R 200 @ mile pace	60 mins	off

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Burgoyne, Zach	35-40	4x1200 @ 3200 effort	6 miles	5 miles	Starbucks + 4x150	3200 @ Creek	60 mins	off
Davis, Connor	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	3200 @ JV Champs	5 miles	60 mins	off
Fu, Alex	45-50	4x1200@3200 effort	7 miles	Acceleration workout	Starbucks + 4x150	3200 @ Creek	70 mins	6-7 miles
Matzke, Tyler	45-50	4x1200@3200 effort	7 miles	Acceleration workout	6 miles	4 sets of 600 30R 200 @ mile effort (800 jog between sets)	70 mins	7 miles
Radman, Seth	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	3200 @ JV Champs	5 miles	50-60 mins	off
Romine, Josh	40-45	4x1200 @ 3200 effort	6 miles	Acceleration workout	Starbucks + 4x150	3200 @ Creek	70 mins	6-7 miles
Smith, Paxton	45-50	4x1200 @ 3200 effort	7 miles	Acceleration workouts	6 miles	1600/400/4x400 @ Creek	70 mins	7 miles
Venable, Adam	30-35	Acceleration workout 100-200	5 miles	Starbucks + 4x150	3200 @ JV Champs	5 miles	50-60 mins	off
Fitzsimmons, Mauren	35-40	4x1200 @ 3200 effort	6 miles	Acceleration workouts	Starbucks + 4x150	3200 @ Creek	70 mins	optional 4-5 miles
Nats, Jessica	35-40	4x1200 @ 3200 Effort	6 miles	Acceleration workouts	Starbucks + 4x150	3200 @ Creek	70 mins	optional 4-5 miles
Parker, Sarah	35-40	4x1200 @ 3200 effort	6 miles	Acceleration workouts	Starbucks + 4x150	1600 @ Creek	70 mins	off

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Cushatt, Jacob	30-35	3 sets of 300 30R 200 @ goal 800 effort	5 miles + weights	Starbucks + 4x150	JV Champs 4x800/800	5-6 miles	50 mins	Off
Grover, Brian	35-40	2-3 sets of 300 30R 200 @ goal 800 effort	5-6 miles + weights	Acceleration workout 100- 200	Starbucks + 4x150	4x800 leg 1 @ Cherry Creek	60 mins	off
Hellier, Addison	40	2-3 sets of 300 30R 200@ goal 800 effort	6 miles + weights	Acceleration workout 100- 200	Starbucks + 4x150	4x800 leg 3 @ Cherry Creek	70 mins	50 mins
Romine, Nick	35-40	3 sets of 300 30R 200@ goal 800 effort	5 miles + weights	Acceleration workout 100- 200	Starbucks + 4x150	4x800 leg 4 @ Cherry Creek	70 mins	35 mins
Schauer, Chris	35-40	3 sets of 300 30R 200 @ goal 800 effort	5 miles	Acceleration workout 100- 200	Starbucks + 4x150	800 @ Cherry Creek	70 mins	35 mins
Walton, Parker	30-35	3 sets of 300 30R 200 @ 800 effort	5 miles	Starbucks + 4x150	4x800/800 @ JV Champs	5-6 miles	50 mins	off
Haberkorn, Kenzie	25-30	2 sets of 300 30R 200 @ goal 800 effort	4 miles	Starbucks + 4x150	800 @ JV Champs	4-5 miles	50 mins	off
McMullan, Erin	30-35	3 sets of 300 30R 200 @ goal 800 effort	5 miles	4-5x1K Tempo w/ 1 min rest	5 miles	Acceleration workout 100 to 200	60 mins	off
Schwartzkopf, Karyn	30-35	3 sets of 300 30R 200 @ 800 effort	5 miles	Acceleration workout 100- 200	5 miles	800 @ Cherry Creek	60 mins	Off
Walton, Becca	30-35	3 sets of 300R 200 @ 800 effort	5 miles	Acceleration workout 100- 200	Starbucks + 4x150	4x800 leg 4/1600 @ cherry creek	60 mins	off