**June Schedule level 2**

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| 11th offTotal: | 12thNelda Mundy30 mins easy5x100 m stridesStrength circuit 1Notes:  | 13thNelda Mundy35 mins (aerobic development ) it can be flat.Strength  circuit 2Notes: | 14thOff  | 15thBenicia Comm Park 35 mins (easy)Strength circuit 1Notes: | 16th Off | 17thLagoon Valley 45 mins (aerobic development)Notes: |
| 18th  0ffTotal: | 19thRockville 30 mins (easy)6x100 stridesStrength circuit 1Notes: | 20th Lagoon have 2 hills 35 mins (aerobic development)Strength circuit 2Notes: | 21st Off  | 22nd Benicia St. Park36 mins (easy+ tempo surgesAfter 10 mins warm up Tempo Surge for 2 mins rest 2 mins.)Notes: | 23rd Nelda Mundy 30 mins (easy)Strength Circuit 1Notes: | 24th Benicia Comm. Park50 mins long run (as you feel)4x20s/60s HIIT on/offNotes: |
| 25th OffTotal: | 26thRockville 35 mins (easy)6x100 stridesStrength circuit 2Notes: | 27thLagoon Valley have 2xhills 40 mins (aerobic development)Notes: | 28thNelda Mundy30 mins easyStrength circuit  1Notes: | 29thBenicia St. Park(Fartlek10 mins easy 4x 2 mins easy /3 mins tempo1x 2 mins easy/ 1 Critical Velocity5 min cooldown)Notes: | 30thNelda Mundy30 mins (easy)Strength Circuit 2Notes: | 1stLagoon Valley55 mins long run 5x20s/60s HIIT on/offNotes: |
| 2nd offTotal: | 3rdBenicia Comm Park  40 mins (aerobic development) Back trailNotes: | 4thOn your Own30 mins (easy)Strength circuit  2Notes: | 5thLagoon Valley 40 mins (easy)  Strength circuit 1Notes: | 6th Nelda Mundy35 mins (easy)5x20s/60s HIIT on/offNotes: | 7thB Gale Wilson 30 mins easy6x100 meter strides Notes: | 8thBenicia St Park55 min Long run Progression (get after it, Lets see what you can do)Notes: |
| 9thOffTotal: | 10thRockville 40 mins (easy)Strength circuit 16x100 stridesNotes: | 11thNelda Mundy30 mis easyStrength circuit 2Notes: | 12thBenicia St. Park(Fartlek15 mins easy 4x2 mins easy 3 mins tempo 2x1 easy one 1 min Critical Velocity 5 min cooldown Notes: | 13th Nelda Mundy30 mins (easy)Strength circuit 1Notes: | 14thBenicia Comm Park50 long mins(easy)4x30s/60s HIITNotes: | 15thParadise ValleyFull Tempo(3 miles, 1 mile warm up mile cool down)Notes: |