**June Schedule level 2**

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| 11th  off  Total: | 12th  Nelda Mundy  30 mins easy  5x100 m strides  Strength circuit 1  Notes: | 13th  Nelda Mundy  35 mins (aerobic development ) it can be flat.  Strength  circuit 2  Notes: | 14th  Off | 15th  Benicia Comm Park  35 mins (easy)  Strength circuit 1  Notes: | 16th  Off | 17th  Lagoon Valley  45 mins (aerobic development)  Notes: |
| 18th  0ff  Total: | 19th  Rockville  30 mins  (easy)  6x100 strides  Strength circuit 1  Notes: | 20th  Lagoon have 2 hills  35 mins (aerobic development)  Strength circuit 2  Notes: | 21st  Off | 22nd  Benicia St. Park  36 mins  (easy+ tempo surges  After 10 mins warm up Tempo Surge for 2 mins rest 2 mins.)  Notes: | 23rd  Nelda Mundy   30 mins  (easy)  Strength Circuit 1  Notes: | 24th  Benicia Comm. Park  50 mins long run  (as you feel)  4x20s/60s HIIT  on/off  Notes: |
| 25th  Off  Total: | 26th  Rockville  35 mins  (easy)  6x100 strides  Strength circuit 2  Notes: | 27th  Lagoon Valley  have 2xhills  40 mins (aerobic development)  Notes: | 28th  Nelda Mundy  30 mins easy  Strength circuit  1  Notes: | 29th  Benicia St. Park  (Fartlek  10 mins easy  4x 2 mins easy /3 mins tempo  1x 2 mins easy/ 1 Critical Velocity  5 min cooldown)  Notes: | 30th  Nelda Mundy  30 mins  (easy)  Strength  Circuit 2  Notes: | 1st  Lagoon Valley  55 mins long run  5x20s/60s HIIT  on/off  Notes: |
| 2nd  off  Total: | 3rd  Benicia Comm Park    40 mins (aerobic development) Back trail  Notes: | 4th  On your Own  30 mins (easy)  Strength circuit  2  Notes: | 5th  Lagoon Valley   40 mins (easy)    Strength circuit 1  Notes: | 6th  Nelda Mundy  35 mins (easy)  5x20s/60s HIIT  on/off  Notes: | 7th  B Gale Wilson   30 mins easy  6x100 meter strides  Notes: | 8th  Benicia St Park  55 min Long run Progression (get after it, Lets see what you can do)  Notes: |
| 9th  Off  Total: | 10th  Rockville  40 mins  (easy)  Strength circuit 1  6x100 strides  Notes: | 11th  Nelda Mundy  30 mis easy  Strength circuit 2  Notes: | 12th  Benicia St. Park  (Fartlek  15 mins easy  4x2 mins easy 3 mins tempo  2x1 easy one 1 min Critical Velocity  5 min cooldown  Notes: | 13th  Nelda Mundy  30 mins  (easy)  Strength circuit 1  Notes: | 14th  Benicia Comm Park  50 long mins  (easy)  4x30s/60s HIIT  Notes: | 15th  Paradise Valley  Full Tempo  (3 miles, 1 mile warm up mile cool down)  Notes: |