

FLEET FEET *Sports*

Week	Mon	Tues	Wed	Thur	Friday
April 2	-	-	1 mile (20 min)	Rest	1 mile (20 min)
April 9	1 mile (20 min)	Rest	1 mile (20 min)	Rest	1 mile (20 min)
April 16	1 mile (20 min)	Rest	1.5 miles (30 min)	Rest	1 mile (20 min)
April 23	1 mile (20 min)	Rest	1.5 miles (30 min)	Rest	1.5 miles (30 min)
April 30	1 mile (20 min)	1 mile (20 min)	1.5 miles (30 min)	Rest	1.5 miles (30 min)
May 7	1.5 mile (30 min)	1 mile (20 min)	1.5 miles (30 min)	Rest	2 miles (40 min)
May 14	1.5 miles (30 min)	1 mile (20 min)	2 miles (40 min)	Rest	2 miles (40 min)
May 21	1.5 miles (30 min)	1 mile (20 min)	2 miles (40 min)	1 mile (20 min)	2 miles (40 min)
May 28	2 miles (40 min)	1 mile (20 min)	2 miles (40 min)	1 mile (20 min)	2 miles (40 min)
June 4	2 miles (40 min)	1.5 miles (30 min)	2 miles (40 min)	1 mile (20 min)	2 miles (40 min)
June 11	2 miles (40 min)	1.5 miles (30 min)	2 miles (40 min)	1.5 miles (30 min)	2 miles (40 min)
June 18	2 miles (40 min)	2 miles (40 min)	2 miles (40 min)	1.5 miles (30 min)	2 miles (40 min)
June 25	2 miles (40 min)	2 miles (40 min)	2 miles (40 min)	-	-