

August

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Smith Long Run and Strides	3 JV – 20 mins V – 30 mins On your own	4 Smith Speed workout	5 JV – 20 mins V – 30 mins On your own	6 Smith Long Run and Strides	7 JV – 20 mins V – 30 mins On your own
8	9 Smith Long Run and Strides	10 JV – 20 mins V – 30 mins On your own	11 Smith Speed workout	12 JV – 20 mins V – 30 mins On your own	13 Smith Long Run and Strides	14 JV – 20 mins V – 30 mins On your own
15	16 Smith Long Run and Strides	17 JV – 20 mins V – 30 mins On your own	18 Smith Speed workout	19 JV – 20 mins V – 30 mins On your own	20 Smith Long Run and Strides	21 JV – 20 mins V – 30 mins On your own
22	23 Smith Long Run and Strides	24 1 st Day of School JV-15 min run 4x30 strides V-25 min run 4x30 strides	25 Smith Speed workout	26 1 Mile Time Trial	27	28 JV – 20 mins V – 30 mins On your own
29	30 Smith Long Run and Strides	31 Smith Long Run and Strides				