



North Country Half Marathon – August 27, 2017

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
June 11	3 m run (June 5)	Rest	3 m run Gazelle, 6:30 pm	3 m run	30 min strength train	Rest	4 m run Island Lake, 8:00 am
June 18	3 m run	Rest	3 m pace Gazelle, 6:30 pm	30 min hill repeats Hines Dr, 6:30 PM	30 min strength train	Rest	5 m run Island Lake, 8:00 am
June 25	3 m run	Rest	4 m run Gazelle, 6:30 pm	3 m run	30 min strength train	Rest	6 m run Island Lake, 8:00 am
July 2	3 m run	Rest	4 m pace Gazelle, 6:30 pm	30 min hill repeats Hines Dr, 6:30 PM	30 min strength train	Rest	7 m run Island Lake, 8:00 am
July 19	3 m run	Rest	4 m run Gazelle, 6:30 pm	3 m run	30 min strength train	Rest	8 m run Island Lake, 8:00 am
July 16	3 m run	Rest	4 m pace Gazelle, 6:30 pm	30 min hill repeats Hines Dr, 6:30 PM	30 min strength train	Rest	5-K Race
July 23	3 m run	Rest	5 m run Gazelle, 6:30 pm	3 m run	30 min strength train	Rest	9 m run Island Lake, 8:00 am
July 30	3 m run	Rest	5 m pace Gazelle, 6:30 pm	30 min hill repeats Hines Dr, 6:30 PM	30 min strength train	Rest	10 m run Island Lake, 8:00 am
August 6	3 m run	Rest	5 m run Gazelle, 6:30 pm	3 m run	30 min strength train	Rest	10-K Race
August 13	3 m run	Rest	5 m pace Gazelle, 6:30 pm	30 min hill repeats Hines Dr, 6:30 PM	30 min strength train	Rest	11 m run Island Lake, 8:00 am
August 20	3 m run	Rest	5 m run Gazelle, 6:30 pm	3 m run	30 min strength train	Rest	8 m run Island Lake, 8:00 am
August 27	3 m run	Rest	Rest	2 m pace	Rest	Rest	Half Marathon (August 27)