

# 2019 EXCEED CALENDAR

Updated 6/3/2019

**Workouts start promptly at 6:00 p.m.**

**Warm up on your own at 5:45 p.m. for track workouts**

*Blue = Wendler Track // Gray = Elsewhere // Green = Saturday Run*

DATE	LOCATION	WORKOUT	GOAL
June 4	Valley of the Moon Park – <b>Potluck</b>	Run for Women Course	<i>Run for Women Jun 8th Bring a Friend</i>
June 11	Wendler Track	Long intervals	<i>Speed, Strength, Endurance</i>
June 15 ** SAT **	TBD	60 min Long Slow Run	<i>Endurance</i>
June 18	Wendler Track	Coach's Choice	<i>Speed, Strength, Endurance</i>
June 25	Wendler Track	Ladder Run	<i>Speed, Strength, Endurance</i>
June 29 ** SAT **	TBD	60 min Long Slow Run	<i>Endurance</i>
July 2	Abbott Loop Community Park - <b>Potluck</b>	Trail Fun Run	<i>Endurance &amp; strength</i>
July 9	Bartlett HS Trails	Hill intervals	<i>Endurance &amp; strength</i>
July 13 ** SAT **	TBD	60 min Long Slow Run	<i>Endurance</i>
July 16	TBD	Long intervals	<i>Speed &amp; endurance, goal check</i>
July 23	Muldoon Fitness Trail (across from Carrs, E. Northern Lts at Muldoon)	2-3 x: 800m, 2 min rest, 1200m, 2 min rest	<i>Work on endurance &amp; speed on the trail</i>
July 30	Valley of the Moon Park	Tempo Run	<i>Spicy endurance &amp; pacing</i>
Aug. 6	Wendler Track	2-mile Fun Run	<i>Improve on your time trial from spring</i>
Aug. 13	Kincaid Park	Hills & Trails	<i>Strength on the trails</i>
Aug. 20	Hillside trailhead (Abbott Road)	Trail Fun Run	<i>Fun on the trails</i>
Aug. 27	Russian Jack – End-of Season <b>Potluck</b>	Trail Fun Run	<i>Celebrate a successful running season!</i>

**For **Potlucks**, bring a dish to share and we will gather after the run to picnic together.**

We will provide paper plates and utensils, but BYO drinks/water.

