

Intermediate Summer Bridge
 Mariemont
 Tuesday 6:30p
 Saturday 8:00a

Week	Week beginning	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	7-May		4 miles	Rest	3	Rest	5	3
2	14-May	Rest	4 x 800 85% Max Effort	3	3	Rest	5	3
3	21-May	Rest	5 x Hill Repeats 85% Max Effort	3	3	Rest	6	3
4	28-May	Rest	5 Minute Warm-Up 20 Minute Tempo 5 Minute Cool Down	3	4	Rest	6	3
5	4-Jun	Rest	6 x Hill Repeats 85% Max Effort	3	4	Rest	7	3
6	11-Jun	Rest	5 Minute Warm-Up 25 Minute Tempo 5 Minute Cool Down	3	5	Rest	8	3
7	17-Jun	Rest	4 x 800 85% Max Effort	3	5	Rest	8	3
8	24-Jun	Rest	6 x 400 85% Max Effort	3	3	Rest	HP Blast	rest
9	2-Jul	3	Rest	TSRC/Edgewood 5K				

empo Runs:

- Start with warm up of 5 minutes easy running
- After warm up go to 5K race pace
- Cool down with 5 minutes easy running