

## Beginner

Week 1	4/11/2023	timed mile
Week 2	4/18/2023	200,400,800,400,200
Week 3	4/25/2023	2x200,2x400,2x200,2x400
Week 4	5/2/2023	800, 1600, 800
Week 5	5/9/2023	8x400
Week 6	5/16/2023	timed mile

## Intermediate

Week 1	4/11/2023	timed mile
Week 2	4/18/2023	2x200, 2x400x 1x800, 1x400, 1x200
Week 3	4/25/2023	3 rounds - 2x200,2x400
Week 4	5/2/2023	800, 1600, 800, 800
Week 5	5/9/2023	10x400
Week 6	5/16/2023	timed mile

## Advanced

Week 1	4/11/2023	timed mile
Week 2	4/18/2023	2x200, 2x400x 2x800, 2x400, 2x200
Week 3	4/25/2023	4 rounds - 2x200,2x400
Week 4	5/2/2023	800, 1600, 1600, 800
Week 5	5/9/2023	12x400
Week 6	5/16/2023	timed mile