

# September 2014 - TRAINING-MONSTER DASH HALF

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	REST	10 - 20 min warmup .7, 1.5, .7, .7 mi (.25 mi RI) 10 min cooldown	CROSS TRAIN	6 MILES	REST	6 MILES
7	8	9	10	11	12	13
CROSS TRAIN	REST	10 - 20 min warmup 3 x 1 mi (.25 RI) 10 min cooldown	CROSS TRAIN	5 MILES	REST	8 MILES
14	15	16	17	18	19	20
CROSS TRAIN	REST	10 - 20 min warmup 10 x .25 mi (.25 RI) 10 min cooldown	CROSS TRAIN	8 MILES	REST	10 MILES
21	22	23	24	25	26	27
CROSS TRAIN	REST	10 - 20 min warmup 8 x .5 mi (1:30 RI) 10 min cooldown	CROSS TRAIN	7 MILES	REST	12 MILES
28	29	30				
CROSS TRAIN	REST	10 - 20 min warmup 5 x .7 mi (.25 mi RI) 10 min cooldown				