

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	2 EVENING RUN EASY RUN 5:30 Bruce Trent Park Vegas Drive at Rampart-Angel Park Trail head	3 HILL REPEATS Desert Vista Community Center/5am	4	5 6:30 am 2 hr run Charleston at Hualapai Starbucks coffee after
6	7	8 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	9 EVENING RUN EASY RUN 5:30 Bruce Trent Park Vegas Drive at Rampart-Angel Park Trail head	10 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	11	12 6:30 am 2 hr run from Red Rock Exit then Starbucks on Charleston for coffee
13	14	15 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	16 EVENING RUN EASY RUN 5:30 Bruce Trent Park Vegas Drive at Rampart-Angel Park Trail head	17 LADDERS Rmpt at Del Webb 5am 3/1.5, 4/2, 6/2.5, 4/back to the cars	18	19 6:00 am 2 hr run Lake Mead at Buffalo Einsteins coffee after
20	21	22 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	23 EVENING RUN EASY RUN 5:30 Bruce Trent Park Vegas Drive at Rampart-Angel Park Trail head	24 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	25	26 6:00 am 2 hr run Town Center at the 215 Coffee Bean coffee after
27	28	29 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	30 EVENING RUN EASY RUN 5:30 Bruce Trent Park Vegas Drive at Rampart-Angel Park Trail head			

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS