

| WEEK | SUN | MON | TUES | WED | THURS | FRI | SAT | |
|------|----------|----------|-----------|----------|----------|----------|------------|-------------|
| 1 | 6/18/17 | 6/19/17 | 6/20/17 | 6/21/17 | 6/22/17 | 6/23/17 | 6/24/17 | |
| | off | 15 min | 15 min | off | 20 min | off | 3A miles | |
| 2 | 6/25/17 | 6/26/17 | 6/27/17 | 6/28/17 | 6/29/17 | 6/30/17 | 7/1/17 | |
| | off | 20 min | 15 min | off | 20 min | off | 3.5A miles | |
| 3 | 7/2/17 | 7/3/17 | 7/4/17 | 7/5/17 | 7/6/17 | 7/7/17 | 7/8/17 | |
| | off | 20 min | 20 min | off | 20 min | off | 4A miles | |
| 4 | 7/9/17 | 7/10/17 | 7/11/17 | 7/12/17 | 7/13/17 | 7/14/17 | 7/15/17 | |
| | off | 20 min | 20 hill | off | 25 min | off | 4.5A miles | |
| 5 | 7/16/17 | 7/17/17 | 7/18/17 | 7/19/17 | 7/20/17 | 7/21/17 | 7/22/17 | *Field Trip |
| | off | 25 min | 25 hill | off | 30 min | off | 4B miles | |
| 6 | 7/23/17 | 7/24/17 | 7/25/17 | 7/26/17 | 7/27/17 | 7/28/17 | 7/29/17 | |
| | off | 25 min | 25 hill | off | 30 min | off | 5A miles | |
| 7 | 7/30/17 | 7/31/17 | 8/1/17 | 8/2/17 | 8/3/17 | 8/4/17 | 8/5/17 | |
| | off | 25 min | 30 hill | off | 30 min | off | 6A miles | |
| 8 | 8/6/17 | 8/7/17 | 8/8/17 | 8/9/17 | 8/10/17 | 8/11/17 | 8/12/17 | |
| | off | 30 min | 6x30/30 | off | 30 min | off | 7A miles | |
| 9 | 8/13/17 | 8/14/17 | 8/15/17 | 8/16/17 | 8/17/17 | 8/18/17 | 8/19/17 | |
| | off | 30 min | 8x30/30 | off | 35 min | off | 5A miles | |
| 10 | 8/20/17 | 8/21/17 | 8/22/17 | 8/23/17 | 8/24/17 | 8/25/17 | 8/26/17 | *Field Trip |
| | off | 30 min | 10x30/30 | off | 35 min | off | 7B miles | |
| 11 | 8/27/17 | 8/28/17 | 8/29/17 | 8/30/17 | 8/31/17 | 9/1/17 | 9/2/17 | |
| | off | 30 min | 4x60/60 | off | 40 min | off | 8A miles | |
| 12 | 9/3/17 | 9/4/17 | 9/5/17 | 9/6/17 | 9/7/17 | 9/8/17 | 9/9/17 | |
| | off | 35 min | 6x60/60 | off | 40 min | off | 9A miles | |
| 13 | 9/10/17 | 9/11/17 | 9/12/17 | 9/13/17 | 9/14/17 | 9/15/17 | 9/16/17 | |
| | off | 35 min | 8x60/60 | off | 40 min | off | 5A miles | |
| 14 | 9/17/17 | 9/18/17 | 9/19/17 | 9/20/17 | 9/21/17 | 9/22/17 | 9/23/17 | *Field Trip |
| | off | 35 min | 4x120/120 | off | 40 min | off | 8B miles | |
| 15 | 9/24/17 | 9/25/17 | 9/26/17 | 9/27/17 | 9/28/17 | 9/29/17 | 9/30/17 | |
| | off | 40 min | 6x120/120 | off | 40 min | off | 11A miles | |
| 16 | 10/1/17 | 10/2/17 | 10/3/17 | 10/4/17 | 10/5/17 | 10/6/17 | 10/7/17 | |
| | off | 30 min | 4x180/180 | off | 25 min | off | 7A miles | |
| 17 | 10/8/17 | 10/9/17 | 10/10/17 | 10/11/17 | 10/12/17 | 10/13/17 | 10/14/17 | |
| | off | 40 min | 4x180/180 | off | 30 min | off | 9A miles | |
| 18 | 10/15/17 | 10/16/17 | 10/17/17 | 10/18/17 | 10/19/17 | 10/20/17 | 10/21/17 | *Field Trip |
| | off | 30 min | 2x240/240 | off | 25 min | off | 10A miles | |
| 19 | 10/22/17 | 10/23/17 | 10/24/17 | 10/25/17 | 10/26/17 | 10/27/17 | 10/28/17 | |
| | off | 30 min | 4x240/240 | off | 40 min | off | 9A miles | |
| 20 | 10/29/17 | 10/30/17 | 10/31/17 | 11/1/17 | 11/2/17 | 11/3/17 | 11/4/17 | |
| | off | 30 min | 30 hill | off | 25 min | off | 13A miles | |
| 21 | 11/5/17 | 11/6/17 | 11/7/17 | 11/8/17 | 11/9/17 | 11/10/17 | 11/11/17 | |
| | off | 30 min | 30 hill | off | 40 min | off | 6A miles | |
| 22 | 11/12/17 | 11/13/17 | 11/14/17 | 11/15/17 | 11/16/17 | 11/17/17 | 11/18/17 | |
| | off | 30 min | 30 min | off | 30 min | off | 4A miles | |

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| 23 | 11/19/17 | 11/20/17 | 11/21/17 | 11/22/17 | 11/23/17 | 11/24/17 | 11/25/17 |
| | off | 30 min | 20 min | off | 20 min | off | off |
| 24 | 11/26/17 | 11/27/17 | 11/28/17 | 11/29/17 | 11/30/17 | 12/1/17 | 12/2/17 |
| | Race Day | off | off | off | off | off | off |