

Week Of August 17-23

Always 1 mile warm up

Always Stretch!

Always speed drills

Always after fartleks--6-8 hills

Always cool down

	Workout A	Workout B	Workout C	Other?
Monday	3-5 miles	3-5 miles	3-5 miles	NO SCHOOL/First day speech, phy/waivers
Tuesday	Partner 400s---10	Partner 400s---8	Partner 400s---6	NO SCHOOL
Wednesday	Fartlek--30 minutes--7 min miles finish with	Fartlek--30 minutes 9 min miles	Fartlek--30 minutes your pace	1/2 day of school
Thursday	400-800-400 repeat 4 x	400-800-400 repeat 3 x	400-800-400 repeat 2 x	Pictures 3:15?
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	Run on your own 3-5 miles	Kick Off Scrimmage 4:30 pm eat, intro 7 pm
Weekend	Run on your own with 1 day of rest	Run on your own with 1 day of rest	Run on your own with 1 day of rest	Run on your own with 1 day of rest