

Week Of **August 24-30**

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	4-6 miles 80%	3-5 miles 80%	3-5 miles 80%	
Tuesday	6 x 800 (90%)--finish with 2 miles	4 x 800 (90%)-finish with 2 miles	4 x 800 (75%) finish with 2 miles	
Wednesday	Meet Here at 4:30	Meet Here at 4:30	Meet Here at 4:30	
Thursday	Fartlek--two 30 minutes at least 3 miles each time with 6 hills up (down 2nd fartlek)	Fartlek--two 30 minutes at least 2-3 miles each time with 6 hills up (down 2nd fartlek)	Fartlek--two 30 minutes at least 2-3 miles each time with 6 hills up (down 2nd fartlek)	
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	Run on your own 3-5 miles	Football game/away
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	