

Week Of **Aug 31 to Sept 5**

**Always 1 mile warm up**

**Always Stretch!**

**Always speed drills**

**Always after fartleks--6-8 hills**

**Always cool down**

	<b>Workout A</b>	<b>Workout B</b>	<b>Workout C</b>	<b>Other?</b>
<b>Monday</b>	<b>3-5 miles</b>	<b>3-5 miles</b>	<b>3-5 miles</b>	
<b>Tuesday</b>	<b>Meet at Villa Grove</b>	<b>Meet at Villa Grove</b>	<b>Meet at Villa Grove</b>	<b>Bus leaves 2:45</b>
<b>Wednesday</b>	<b>Fartlek--two 30 minutes at least 3 miles each time with 6 hills up (down 2nd fartlek)</b>	<b>Fartlek--two 30 minutes at least 2-3 miles each time with 6 hills up (down 2nd fartlek)</b>	<b>Fartlek--two 30 minutes at least 2-3 miles each time with 6 hills up (down 2nd fartlek)</b>	
<b>Thursday</b>	<b>10--400s--90%</b>	<b>8--400s--90%</b>	<b>6--400s--90%</b>	
<b>Friday</b>	<b>Run on your own 3-5 miles</b>	<b>Run on your own 3-5 miles</b>	<b>Run on your own 3-5 miles</b>	
<b>Weekend</b>	<b>Run on your own with 1 day of rest</b>	<b>Run on your own with 1 day of rest</b>	<b>Run on your own with 1 day of rest</b>	