

Week Of Oct 12-17

Always 1 mile  
warm up

Always Stretch!  
Always after fartleks--6-8 hills

Always speed drills

Always cool down

	Workout A	Workout B	Other?
Monday	on your own	on your own	No School
Tuesday	Meet at Heyworth 4:30	Meet at Heyworth 4:30	Bus 2:40
Wednesday	Easy 45 run	Easy 45 run	
Thursday	Home Meet 4:30 1 race	Home Meet 4:30 1 race	
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	
Weekend	on your own	on your own	