

Week Of Oct 5-10

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	No School	No school	TBA
Tuesday	Meet at St. Thomas More	Meet at St. Thomas More	Bus 3:30
Wednesday			
Thursday	Home Meet 4:30	Home Meet 4:30	
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	
Weekend	on your own	on your own	