

Week Of **Sept 14-19**

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	5+ mile run	5+ mile run	
Tuesday	Meet at Urbana--Illini Meadows	Meet at Urbana--Illini Meadows	Bus leaves 3:15
Wednesday	DQ run Fartlek--2--20 minute runs--easy	DQ run Fartlek--2--20 minute runs--easy	
Thursday	800-1000-800 4 x	800-1000-800 3 x	
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	EASY Run!
Weekend	On your own	On your own	