

Week Of Sept 21-26

Always 1 mile warm up

Always Stretch!

Always speed drills

Always after fartleks--6-8 hills

	Workout A	Workout B	other?
Monday	5+ mile run	5+ mile run	
Tuesday	Meet at Hoopeston Area 4:30	Meet at Hoopeston Area 4:30	Bus leaves 2:45
Wednesday	Fartlek--2--20 minute runs--easy	Fartlek--2--20 minute runs--easy	
Thursday	10--400s--90%	8--400s--90%	
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	EASY Run!
Weekend	St. Joseph-Ogden Invite 10 am--bus leaves at 8:15--top 7	St. Joseph-Ogden Invite 10 am--bus leaves at 8:15--top 7	