

Week Of Sept 28-Oct 3

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 Rantoul boys only	Girls--tba	
Wednesday	Fartek--2-30 minute	Fartek--2-30 minute	
Thursday	Meet at Monticello	Meet at Monticello	Bus 3:00
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	EASY Run!
Weekend	Meet at Kickapoo 9 am	Meet at Kickapoo 9 am	Bus 7:15 am