

Week Of **Sept 7-12**

Always 1 mile warm up

Always Stretch!

Always speed drills

Always after fartleks--6-8 hills

Always cool down

	Workout A	Workout B	Workout C	Other?
Monday	5+ mile run	5+ mile run	5+ mile run	
Tuesday	Meet at Dawson Lake	Meet at Dawson Lake	Meet at Dawson Lake	Bus leaves 2:45
Wednesday	Fartlek--2--20 minute runs--easy	Fartlek--2--20 minute runs--easy	Fartlek--2--20 minute runs--easy	
Thursday	10--400s--90%	8--400s--90%	6--400s--90%	
Friday	Run on your own 3-5 miles	Run on your own 3-5 miles	Run on your own 3-5 miles	EASY Run!
Weekend	PBL Invite--1st race 9 am--be here at least by 8:00	PBL Invite--1st race 9 am--be here at least by 8:00	PBL Invite--1st race 9 am--be here at least by 8:00	