

Week Of August 30-Sept 4

Always 5-10 min warm up

Always Stretch!

Always speed drills

Always cool down (10 min jog)

	Workout A	Workout B	Other?
Monday	Easy 3-5 mile run	Easy 3-5 mile run	Discuss meet at Villa Grove.
Tuesday	Meet at Villa Grove 4:30...mid bus leaves at 2:45.	Meet at Villa Grove 4:30...mid bus leaves at 2:45.	
Wednesday	Fartlek--4 one mile runs--with rest	Fartlek--3 one mile runs--with rest	
Thursday	12--400s on track at 300/100 pace	This will be based on meet time.	
Friday	Easy 3 mile run.	Easy 3 mile run.	Home football game 7 pm
Weekend	Run on your own with 1 day of rest	Run on your own with 1 day of rest	Run on your own with 1 day of rest