

Week Of Oct 10-14

Always 5-10
min warm up

Always Stretch!

	Workout A	Other?
Monday	run at least 3 miles	No School
Tuesday	Meet at Heyworth 4:30--bus leaves 2:45	2 Races
Wednesday	Fartlek---60 minutes	Run 3 miles and do 8- 200's during fartlek
Thursday	Home meet 4:30	Food afterwards
Friday	Easy 5 mile run	Football at Momence
Weekend	Run on your own with 1 day of rest	Run on your own with 1 day of rest