

Week Of Oct 24-29

Always 5-10
min warm up

Always Stretch!
Always cool down (10 min jog)

	Workout A	
Monday	4-5 mile run	
Tuesday	400-800-400 3 times	
Wednesday	easy 45 minute run	P/T Conferences
Thursday	tba	P/T Conferences
Friday	Maybe to Decatur 1 pm?	Fall Break No school
Weekend	Sectional meet 11 am boys	Bus leaves tba