

**Week Of**      **Oct 4-9**  
**Always Stretch!**

**Always 5-10  
min warm up**

**Always speed drills**  
**Always cool down (10 min jog)**

	<b>Workout A</b>	<b>Other?</b>
<b>Monday</b>	<b>5 mile run</b>	<b>Discuss meet</b>
<b>Tuesday</b>	<b>Meet at St. Thomas More 4:30--bus leaves 3:00</b>	
<b>Wednesday</b>	<b>Fartlek 60 minutes</b>	<b>Discuss meet</b>
<b>Thursday</b>	<b>Home Meet 4:30</b>	
<b>Friday</b>	<b>tba</b>	<b>Teacher's Workshop/Football at St. Thomas More 7 pm</b>
<b>Weekend</b>	<b>Run on your own with 1 day of rest</b>	<b>Run on your own with 1 day of rest</b>