

Week Of **Sept 27-Oct 2**

**Always 5-10
min warm up**

Always Stretch!

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

	Workout A	Workout B	Other?
Monday	5 mile run--under 50 minutes	5 mile run-under 60 minutes	
Tuesday	Meet at Rantoul 4:30--bus leaves 3:10	Meet at Rantoul 4:30--bus leaves 3:10	
Wednesday	Easy 60 minute fartlek	Easy 45 minute fartlek	
Thursday	Meet at Monticello 4:30, bus leaves at 2:45	Meet at Monticello 4:30, bus leaves at 2:45	
Friday	tba	tba	Football at Clifton Central 5 pm
Weekend	Thunder Run 9 am Kickapoo bus leaves 7:15 am	Thunder Run 9 am Kickapoo bus leaves 7:15 am	Band at Monticello