

# August-Runner

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3 Registration Introduction to groups	4	5
6	7	8	9	10 Run 30 min Hills	11	12 Run 20 min
13	14	15 Run 20 min	16	17 Run 30 min	18	19 Run 30 min
20	21	22 Run 30 min	23	24 Run 35 min	25	26 Run 35 min
27	28 Run 35 min	29	30	31 Run 40 min Increase Pace		

# September-Runner

2006

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 Run 40 min
3	4	5 Run 40 min	6	7 Run 40-45 min	8	9 Run 40-45 min
10	11	12 Run 40 min	13	14 Run 35 min Increase Pace	15	16 Run 35 min
17	18	19 Run 35 min	20	21 Warm up 1 x 800 2 x 400 4 x 200	22	23 Speed work continued
24	25	26 Speed work continued	27	28 Run 45 min	29	30 Run 45 min

# October-Runner

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

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Run 45 min

Graduation

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2006