

9-30 Mon	Recovery Run		
10-1 Tue	1000m x 4 Sustained Race Pace Intervals		
10-2 Wed	Tempo Run 5-25-5 Try CORE		
10-3 Thu	Circuit Run // <u>Middle School Meets</u>		
10-4 Fri	Pre-meet Warm up Run-Stretch-Drills-Striders		
10-5 Sat	<u>Temecula Time Machine Invite @ Linfield Christian HS</u>		
10-6 Sun	Recovery		
10-7 Mon	Shake Out Run		
10-8 Tue	Ladder 600-800-1000-800-600		
10-9 Wed	Run for Time		
10-10 Thu	Speed Fartleks - Agility		
10-11 Fri	Cross Train		
10-12 Sat	Pre-meet Warm up Run-Stretch-Drills-Striders		
10-13 Sun	<u>Free Spirit @ Mt. Sac</u>		