

Oct			
28 Mon-REST			
29 Tue- Sustained Pace Finishers -TRB			
30 Wed- 3 mile Easy Run			
31 Thu- No Practice			
Nov			
1 Fri - 2 miles plus 80m Striders x 6			
<u>2 Sat Duck Pond Run- Buena Vista Park 8:30 am</u>			
3 Sun Recovery REST			
4 Mon Go 4 for Fun			
5 Tue Timed Fartleks - 150m Finishers x 4 - Recovery			
6 Wed- Lite Cross Train			
7 Thu- 500 Repeats x 5 / 2 mile recovery			
8 Fri- Easy 3 miles - 110 Striders x 4			
9 Sat- Pre-meet: Warm Up - Stretch - Drills - Xs			
<u>10 Sun USATF Association Junior Olympics @ Kit Carson Park</u>			