

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AM/PM Practice 1st two weeks 8/15-8/26	2 One long run/one day off on weekend. Pick a day!	3 Friday Practices 3:00PM to 4:30PM	4	5	6
7	8	9	10	11	12	13
14	15 1st Practice AM 6:30 - 7:30 PM 4:10 - 6:00	16 Steady State (10'-20'- 15') w/5' rest	17 Tempo Time Trail MS 1 mi, HS 2 mi	18 Farlek 40'	19 Tempo (10'-10')w/5' rest 1x800, 1x400	20 Long Run 30min.
21	22 Timed 800m Intervals x5	23 Steady State (10'-20'- 15') w/5' rest	24 Tempo (15'-15')w 5' rest 1x800, 1x400 Parent Meeting 6:30	25 Recovery Run Short Practice Open House 5:00-6:30	26 Track Work Fox & Hound	27 Long Run 30min.
28	29 No More AM Practice! Timed 800m Intervals x5	30 Tempo: (18'-18') w/5' R, 1 x 600, 1x400	31 Pre-Meet Recovery Run Team Dinner			

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RACE: Clearwater Bus:1:30 Meet: 4:30	2 Ultimate Frisbee	3 Long Run 35min.
4	5 Recovery on Own No School LABOR DAY	6 Intervals- 400,800,1200,400,200 w/5' rest	7 HS/MS Sport Pictures. Farlek/Surge 1:1 (30" - 1') run/jog	8 Long Run 35'	9 Pre-Meet Recovery Run	10 RACE: Wellington Bus: 5:30AM Meet: 9:30
11	12 Steady State (15'-30'- 20') w/5' rest	13 Timed 800m Intervals x6	14 Pre-Meet Recovery Run	15 RACE: Peabody Bus: 1:15 Meet: 3:30	16 Rope-a-Dope	17 Long Run 35min
18	19 No School Long Run 35min.	20 Intervals- 400,800,1600,400,200 w/2X rest	21 Pre-Meet Recovery Run	22 RACE: Douglas Meet CANCELLED Run Rally	23 Day Off...Your Welcome	24 Long Run 40 min. or Possible Meet at Cheney
25	26 Steady State (15'-30'- 20') w/5' rest	27 Timed 800m Intervals x6	28 Pre-Meet Recovery Run Team Dinner	29 RACE: Halstead Bus:1:15 Meet: 3:30	30 Homecoming Sing Along	

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Long Run 40min. scheduled for October 1, 2011
2	3 Pre-Meet Recovery Run	4 RACE: Eureka Bus:2:30 Meet: 4:00	5 Recovery Run	6 Farlek/Surge 2:1 2'run/30" jog	7 Interval-200, 400,800,1600,800,400, 200	8 Long Run 40min.
9	10 Timed 800m Intervals x6	11 Steady State (20'-30'- 25')	12 Pre-Meet Recovery Run	13 LEAGUE MEET Cessna Activity Center	14 Day Off...Sleep In!	15 Long Run 40min.
16	17 Intervals- 200,400,800,1600, 800,400, 200 w/2X rest	18 Farlek	19 Long Run 40min.	20 Steady State (20'-30'- 25')	21 Pre-Meet Recovery Run Ice Cream?	22 REGIONALS TBA
23	24 Intervals- 200,400,800,1200,160 0,400,	25 Farlek	26 Long Run 40min.	27 Steady State Senior Night	28 Day Off!!!!	29 STATE MEET Wamego TBA
30	31					5 Tenative CC Awards Dinner