

TRAINING SCHEDULE 10.19.09-10.23.09

DATE	10.19.09	10.20.09	10.21.09	10.22.09	10.23.09
LOCATION	No Practice	No Practice	RACE	Gibson Gap	Gazebo
			Wilderness Rd. State Park		
WORKOUT:	ALL	ALL	ALL	ALL	ALL
				5-6 miles	8 x 300

I still think there are some people who are not getting the schedules. If you could email me back just to let me know that you received the schedule that would be great. Anyone wanting to meet at 4:00 pm today to run meet me at the Academy. This is optional. Contact me to let me know that you will be there. If no one calls then I will not be at the school. If you will need a ride to the race tomorrow let me know ASAP. If you will need a ride we will leave school at 3:45 pm. If you provide your own transportation be at the meet 45 min. before your race. The race schedule for Wednesday is as follows:

Middle School/JV: 4:30 pm

Varsity Girls: 5:00 pm

Varsity Boys: 5:30 pm