

TRAINING SCHEDULE 10.25.09 – 10.28.09

DATE	10.25.09	10.26.09	10.27.09	10.28.09	10.29.09
LOCATION	Gazebo	Gibson Gap	Wilderness Rd. State Park	Daniel Boone H.S.	
WORKOUT:	ALL	ALL	ALL	ALL	ALL
	8 x 400	25-30 min	20-25 min.	RACE	

*** Some notes for this week.

- a. With basketball practice starting this week we will start practice at 2:45 pm each day.
- b. I will hand out the itinerary for the Region race on Monday 10/25. Plan on leaving school after first period next Thursday.
- c. (10.27) We will practice at Wilderness Road Park. I have been asked to be a race official for the district meet that will be held there that day and anyone that would like to stay and watch the meet is welcome.
- d. After the season is finished, if anyone would still want to meet and run a couple of days a week right after school let me know because I will be running. This will be low-key around 25 min. a run at a comfortable pace. I can work around your schedules, but was thinking of the following dates all at 2:45 pm (11/3, 11/5, and 11/12). We can discuss this in more detail next week. I just wanted to throw it out there to give you some time to think.