

September 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mike Clark Race 4-miler 8 AM Rockford Park	2 50 min or XT	3 XT or 40 min	4 3 x Art Museum Hill Loop	5 Rest	6 Race Bottle & Cork 10 miler Or AI - Back Way 7 AM
7 XT or Trail Run	8 6 x 800m on grass	9 50 min or XT	10 XT or 40 min	11 4 - 5 X Hagley Hill	12 Rest	13 AI - Cossart Loop 7 AM
14 XT or Trail Run	15 6 x 800m AI Track	16 55 min	17 XT or 40 min	18 3 - 4 x Art Museum Hill Loop	19 Rest	20 AI - Smith Bridge Loop 7 AM
21 XT or Trail Run	22 10 x 600m, 200m jog AI Track	23 55 min	24 XT or 45 min	25 4 mile Tempo Run Westover Hills	26 Rest	27 JCC - Trail Run 7 AM
28 XT or Trail Run	29 10 x 600m, 200m jog AI Track	30 55 min				

October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 XT or 45 min	2 5-4-3-2-1 lap w/ 1 lap jog, AI Track	3 Rest	4 AI – Cossart Loop 7 AM
5 XT or Trail Run	6 2 min on / 2 min off for 30 min – AI Track	7 55 min	8 XT or 45 min	9 4 x 1600m w/ 800m jog AI Track	10 Rest	11 AI – Smith Bridge Loop – 7 AM
12 XT or Trail Run	13 2 min on / 2 min off for 30 min – AI Track	14 60 min	15 XT or 45 min	16 5 x 1200m w/ 600m jog AI Track	17 Rest	18 AI – Back Way 7 AM
19 XT or Trail Run	20 16 x 400m – 200m jog AI Track	21 60 min	22 40 min	23 4 mile Tempo Run Westover Hills	24 Rest	25 JCC – Trail Run 7 AM
26 XT or Trail Run	27 16 x 400m – 200m jog AI Track	28 60 min	29 40 min	30 4-3-2-1 lap w/2 lap jog, AI Track	31 Rest	