

OCTOBER 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 REST	1 6:30am INTERVALS (SF) 4 x 1 MILE (g) 5 x 1 MILE (b) QUICK FEET WEIGHTS MUSTANG STEW 7:00 PM BRING SIDE DISH	2 6:30am TRAIL RUN BALANCE AB/BACK WKOT	3 6:30am LONG TEMPO 1200-2-1200-2 HURDLES WEIGHTS	4 6:30am SEGMENTS (SF) 1-1-2-2-3-3-4-4-5- 5-3-3-2-2-1 STRIDES	5 6:45am PRE RACE (T) 6x200g (32-35) 8x200b (29-32) END OF 1 ST SIX WEEKS	6 MEET: INCARNATE WORD
7	8 NO PRACTICE LONG RUN ON OWN COLUMBUS DAY	9 6:30am TRAIL RUN BALANCE AB/BACK WKOT	10 6:30am SEGMENTS 10-20-10 HURDLES WEIGHTS	11 6:30am LONG RUN ROCHELLE LOOP STRIDES	12 6:45am PRE RACE (T) 6x200g (32-35) 8x200b (29-32)	13 MEET: NORTHSIDE
14 CHAMPIONSHIP PHASE	15 6:30am 10 EASY INTERVALS 800's (SF) 5X g / 6X b 10 EASY AB/BACK WKOT WEIGHTS	16 6:30am TRAIL RUN BALANCE AB/BACK WKOT	17 6:30am HAMMER 8 x 400 w/recovery HURDLES WEIGHTS	18 6:30am 40 MIN RUN ON CAMPUS QUICK FEET	19 6:45am PRE RACE (T) 6x200g (32-35) 8x200b (29-32)	20 MEET: TLU
21	22 6:30am LONG RUN HOLLYHOCK HURDLES WEIGHTS	23 6:30am TRAIL RUN BALANCE AB/BACK WKOT	24 6:30am LONG TEMPO 1200-2-1200 WEIGHTS	25 6:30am INTERVALS (SF) 8 x 400 g 10 x 400 b QUICK FEET	26 6:45am PRE RACE (T) 6x200g (32-35) 8x200b (29-32)	27 MEET: DISTRICT
28 REST	29 6:30am	30 6:30am	31 6:30am	1 6:30am	2 6:45am	3 MEET: REGIONALS BROOKS CITY BASE