

DISTANCE WORKOUT
FOR WEEK
OF 4/11-4/20/08

NEW TO THE SPORT OR IN 7th-8th GRADE:

Friday: (4/11): 5 miles
Saturday: (4/12): 3 miles
Sunday: (4/13): Run on own 40 minutes (20 easy/20 hard)
Monday: (4/14): 4 miles
Tuesday: (4/15): Practice at CHS (10-12 noon) or run 45
MAYBE AT AVERILL PARK IF SO
BUS LEAVES AT 9:30 AM
Minutes (25 easy/20hard)
Wednesday: (4/16): Practice at CHS (10-12 noon) or run
4 miles
Thursday: (4/17): Practice at CHS (10-12 noon) or run
30 minutes (20 easy/10 hard)

Friday: (4/18): Run on own easy 20 minutes
Saturday: (4/19): **Meet at Bethlehem**
(Bus leaves at 8:30 am)
Sunday: (4/20): **OFF**
Monday: (4/21): Practice at Averill Park
Bus leaves at 2:30 pm
Tuesday: (4/22): Meet at Bethlehem
Bus leaves at 2:45 CHS and 3:00 pm Goff

***** YOU SHOULD DO AN AB WORKOUT EVERYDAY *****

OVER →

VETERANS TO THE SPORT:

Friday: (4/11): 6 miles (3 easy/3hard)
Saturday: (4/12): 4 miles
Sunday: (4/13): Run on own 40 minutes (20 easy/20 hard)
Monday: (4/14): 5 miles
Tuesday: (4/15): Practice at CHS (10-12 noon) or run 50
MAYBE AT AVERILL PARK IF SO
BUS LEAVES AT 9:30 AM
Minutes (25 easy/25hard)
Wednesday: (4/16): Practice at CHS (10-12 noon) or run
4 miles
Thursday: (4/17): Practice at CHS (10-12 noon) or run
30 minutes (15 easy/15 hard)

Friday: (4/18): Run on own easy 20 minutes
Saturday: (4/19): **Meet at Bethlehem**
(Bus leaves at 8:30 am)
Sunday: (4/20): **OFF**
Monday: (4/21): Practice at Averill Park
Bus leaves at 2:30 pm
Tuesday: (4/22): Meet at Bethlehem
Bus leaves at 2:45 CHS and 3:00 pm Goff

******* YOU SHOULD DO AN AB WORKOUT EVERYDAY *******