Day	Date	Type of Run	Warm-Up	Work-Out	Rest	Cool-Down	Track Streng.	Sit-Ups	Lifting	Location	Hills?
Sat	24-Aug	I	1 mile / Stretch	n x 800	2.3 min	1 mile / Stretch	Day 1	YES		TRACK	
Sun	25-Aug	E		6 x 100	45 sec			YES		ROAD	
Mon	26-Aug	E		6 x 100	45 sec			YES		ROAD	
Tues	27-Aug	I	1 mile / Stretch	n x 400	1 to 1 jog	1 mile / Stretch	Day 2	YES		GRASS	Old Farm
Wed	28-Aug	E		8 x 100	100 m Jog			YES	Day 1	ROAD	
Thurs	29-Aug	T	1 mile / Stretch	n x 1600	1 min	1 mile / Stretch	Day 3	YES		TRACK	Melville
Fri	30-Aug	E		6 x 100	45 sec			YES	Day 2	ROAD	
Sat	31-Aug	I	1 mile / Stretch	n x 1200	3 min jog	1 mile / Stretch	Day 1	YES		TRACK	
Sun	1-Sep	E		8 x 100	45 sec			YES		ROAD	
Mon	2-Sep	E		8 x 100	45 sec			YES		ROAD	
Tues	3-Sep	Race	1 mile / Stretch	5k Simulation		1 mile / Stretch	Day 2	YES		GRASS	Old Farm
Wed	4-Sep	E		6 x 100	45 sec			YES	Day 1	ROAD	
Thurs	5-Sep	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stretch	Day 3	YES		TRACK	Melville
Fri	6-Sep	E		4 x 100	45 sec			YES	Day 2	ROAD	
Sat	7-Sep	Red, White and Blue Meet					Day 1	YES		RACE	Old Farm
Sun	8-Sep	E						YES		ROAD	
Mon	9-Sep	E		4 x 100	45 sec			YES		ROAD	
Tues	10-Sep	Meet at Ridgefield								RACE	
Wed	11-Sep	E		8 x 100	45 sec			YES	Day 1	ROAD	
Thurs	12-Sep	I	1 mile / Stretch	n x 800	1.30 jog	1 mile / Stretch	Day 2	YES		ON OLD FARM	
Fri	13-Sep	E		6 x 100	100 m jog			YES	Day 2	ROAD	
Sat	14-Sep	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stetch	Day 3	YES		TRACK	
Sun	15-Sep	E						YES		ROAD	
Mon	16-Sep	E		4 x 100	45 sec			YES		ROAD	
Tues	17-Sep	Home Meet								RACE	
Wed	18-Sep	E		6 x 100	100 m jog			YES	Day 1	ROAD	
Thurs	19-Sep	I	1 mile / Stretch	n x 400	45 sec jog	1 mile / Stretch	Day 1	YES		GRASS	Old Farm
Fri	20-Sep	E		8 x 100	45 sec			YES	Day 2	ROAD	

Day	Date	Type of Run	Warm-Up	Work-Out	Rest	Cool-Down	Track Streng.	Sit-Ups	Lifting	Location	Hills?
Sat	21-Sep	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stretch	Day 2	YES		TRACK	Melville
Sun	22-Sep	E						YES		ROAD	
Mon	23-Sep	E		6 x 100	45 sec			YES		ROAD	
Tues	24-Sep	Meet at Staples								RACE	
Wed	25-Sep	R	1 mile / Stretch	n x 400 / 600	45 s jog/ 1 min rest	1 mile / Stretch	Day 3	YES		GRASS	Old Farm
Thurs	26-Sep	E		8 x 100	100 m jog			YES	Day 1	ROAD	
Fri	27-Sep	E		6 x 100	45 sec			YES	Day 2	ROAD	
Sat	28-Sep	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stretch	Day 1	YES		TRACK	Melville
Sun	29-Sep	E						YES		ROAD	
Mon	30-Sep	E		6 x 100	45 sec			YES		ROAD	
Tues	1-Oct	Meet at Danbury								RACE	
Wed	2-Oct	E		6 x 100	100 m jog			YES	Day 1	ROAD	
Thurs	3-Oct	I	1 mile / Stretch	n x 1000	3 min jog	1 mile / Stretch	Day 2	YES		GRASS	Old Farm
Fri	4-Oct	E		4 x 100	45 sec			YES	Day 2	ROAD	
Sat	5-Oct	E		4 x 100	45 sec			YES		ROAD	
Sun	6-Oct	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stretch	Day 3	YES		TRACK	Melville
Mon	7-Oct	Meet at Ludlowe								RACE	
Tues	8-Oct	E		6 x 100	100 m jog			YES	Day 1	ROAD	
Wed	9-Oct	E		6 x 100	100 m jog			YES	Day 1	ROAD	
Thurs	10-Oct	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stretch	Day 1	YES		TRACK	Old Farm
Fri	11-Oct	E		4 x 100	45 sec			YES	Day 2	ROAD	
Sat	12-Oct	R	1 mile / Stretch	n x 600	1:1 rest	1 mile / Stretch	Day 2	YES		TRACK	Melville
Sun	13-Oct	E						YES		ROAD	
Mon	14-Oct	T	1 mile / Stretch	n x 1600	1 minute	1 mile / Stretch	Day 3	YES	Day 1	TRACK	Old Farm
Tues	15-Oct	E		4 x 100	45 sec			YES		ROAD	
Wed	16-Oct	FCIAC Championships								RACE	
Thurs	17-Oct	E		4 x 100	45 sec			YES		ROAD	
Fri	18-Oct	E		4 x 100	45 sec						

Day	DATE	Type of Run	Warm-Up	Work-Out	Rest	Cool-Down	Track Streng.	Sit-Ups	Lifting	Location	Hills?	
Sat	19-Oct											
Sun	20-Oct											
Mon	21-Oct											
Tues	22-Oct											
Wed	23-Oct											
Thurs	24-Oct											
Fri	25-Oct											
Sat	26-Oct	State Class Meet								RACE		
Sun	27-Oct											
Mon	28-Oct											
Tues	29-Oct											
Wed	30-Oct											
Thurs	31-Oct											
Fri	1-Nov	State Open Meet								RACE		
Sat	2-Nov											
Sun	3-Nov											
Mon	4-Nov											
Tues	5-Nov											
Wed	6-Nov											
Thurs	7-Nov											
Fri	8-Nov											
Sat	9-Nov	New England Championships								RACE		
Sun												
Mon												
Tues												
Wed												
Thurs												
Fri												