

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan
Easy	8 - 10 x 400	Easy	Easy	Easy	3 x 4 x 200	Easy	8 x 400	Easy	4 x 800	Easy	3 x 4 x 200

Directions- The above are suggested workouts. We do not have practice, so it is up to you to decide whether or not to complete these. You are welcome to switch days depending on your schedule. As always, the main point is that to stay in shape you have to at least run during break.....

How to Get Times and Rest:	
200-	(Take Mile / 8) -1
Rest	1 to 1 / 3 mins
400-	Take Mile / 4
Rest	2 min 30 secs
800-	(Take Mile / 2) + 10
Rest	3 minutes