

## WEEK OF SEPTEMBER 8-12

Every day: 8 sets, 30 lunges.

Tuesday, September 8: 4 x downhill. Run to Spring Hill Park. 4 x downhill at park. Back to school. Pod 1 and 2 make it a 50-minute run, so add on back at track. 15 hydrants.

Wednesday, September 9: 2x400 at pace. Old South.

Thursday, September 10: Meet at Gale Woods.

Friday, September 11: 70-60-50 minute recovery run. 15 hydrants.

Saturday, September 12: 25-minute tempo run.