

9/2 - 9/8	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	Run (easy): 3-5 miles plus 8-10 x 80m strides	Light run - 7 bridge, HI - 93, focus on form on hills both up and down	Around the town, 7 bridge, 1 perimeter loop - 4 x 80 m strides	Warm up - 2 mile tt, cool down, game, core	Short Aerobic Run (easy): 3-4 miles plus 8-10 x 80m strides - Game	Easy Run - Group 1 - 8 m. Group 2 - 4 m
9/9 - 9/15	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Transition to 9 days	OFF	Run (easy): 3-5 miles plus 8-10 x 80m strides	Race @ Marathon Bus Leaves at 2:30 pm	50 min easy (talk with friends) Group 1 - North Rim Group 2 7th Bridge Game	Fillmore Golf Course, course jog and 2 x 1 mile repeats, weights	Short Aerobic Run (easy): 3-4 miles plus 8-10 x 80m strides - Game	Race @ Chenango Valley Bus Leaves at 7 am
Groups*	Group 1	Group 2					
	Jared	Aurora					
	JJ	Kylee					
	Jenna	Emma					
	Blaise	Taryn					
	Nick	Bryce					
	Ben L.	Ashley					
	Ben J.						
	Alexa						
	Colin						
	Jeffrey						
*These groups will constantly change based on the athlete's current fitness and training needs.							