

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Group A: 25-30 min Group B: 20-25 min Group C: 15-20 min easy run all	Thames Park 5:15 pm	A: 25-35 min B: 20-25 min C: 15-20 min all easy runs 4x strides	Thames Park 5:15 pm every Thurs this month	active rest or rest day every Friday	Elsie Perron Estates 9:15 am Off Windermere Rd west
7	8	9	10	11	12	13
Longest run of the week Add 5-10 min to your longest run of the past week	As above but add 2 min additional time your run	Thames Park 5:15 pm	As above	As above	As above	As above
14	15	16	17	18	19	20
As above	As above but add another 2 min to your time	Thames Park 5:15 pm	As Above	As above	As above	As above
21	22	23	24	25	26	27
As above	As above again add 2 more min to your time	Thames Park 5:15 pm	As above	As above	As above	As above
28	29	30				
As above	Repeat the run from Sept first -this is an easier week so we are cutting back	Thames Park 5:15 pm				