

8	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	
	Intervals	Matthews/Winters	Temp Run	Stations at Park	Team Dinner #4	Erie Meet* @ LGMNT	26 miles
			Core Work			Centennial Park	
	5:00	6:30	5:00	5:30			
9	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	30 Miles
	Long Run	Speed sets	Tempo Run	Easy Day	League Meet @ HF	Run on own 6 miles	
	5:15	5:00	5:00	4:30			
10	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	25 miles
	Intervals	Easy Dist	Easy		Regionals	Distance.	
		Team Dinner #5			Clement Park	Bobolink Trail Head	
	5:00		4:30	4:30		9:00 AM	
11	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	20 Miles
	Intervals -	Easy Distance	Light Speed	Easy distance		State	
	5:00	4:30	1:00				
	Monday Nov 15 Awards Banquet et - Commons 6 pm						