

# Runnin' Bucks SUMMER WORKOUT SCHEDULE 2009



## HS GIRLS

<i>Week of Monday-</i>	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug
<b>Monday</b>	20 min	20 min	22 min	22 min	28 min	24 min + S	off	32 min	38 min	32 min	<u>Team Practice</u>	Team Practice	1st Day of Classes
<b>Tuesday</b>	off	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	Team Practice	Team Practice	<i>School</i>
<b>Wednesday</b>	20 min	off	25 min	22 min + S	off	24 min + S	24 min	32 min + S	34 min	off	Team Practice	Team Practice	<i>School</i>
<b>Thursday</b>	off	22 min	22 min	28 min	28 min	28 min	28 min	32 min + S	28 min	32 min + S	Team Practice	Team Practice	<i>School</i>
<b>Friday</b>	20 min	22 min	25 min	24 min	24 min + S	32 min	32 min + S	36 min	38 min	40 min	Team Practice	Team Practice	<i>School</i>
<b>Saturday</b>	22 min	22 min	25 min	20 min	28 min	24 min	28 min	28 min	28 min	28 min + S	TBD	TBD	<b>Big Lake Meet</b>
<b>Sunday</b>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>	<u>off</u>

**IMPORTANT DATES**

*Tuesday, June 9*

WE WILL MEET AT THE FIELD HOUSE at 7:30pm TO RUN TOGETHER. We will have a Team Run every Tuesday for the rest of the summer.

*Monday, Aug 10*

Begin DAILY TEAM PRACTICE - We'll meet at the Field House this first Monday at 7:30 pm. We'll lay out the future Team Practice schedule on that day.

*Monday, Aug 24*

School starts

CHECK the RUNNIN' BUCKS WEBPAGE EVERY WEEK for UPDATES, TRAINING TIPS and more: Go to [www.alpine.esc18.net](http://www.alpine.esc18.net) and click on **ATHLETICS**, then click on the **RUNNIN' BUCKS** logo

*x min + S means add Speedwork - Attacks during the run, Hills, or Sprints following the run - 3 or 4 attacks x 30-40 seconds each*