

8/25/94

# September 1994

S	M	T	W	T	F	S
	3 Mi	30 minutes	4 mi	1 Cupertino H.S. & back	2 4 - 5 Mi	3 Alt W/O or 4 - 5 Mi
4	5 Holiday 4 - 5 Mi	6 Intervals @ Murdock Pk	7 4 - 5 Mi (Wts) I/C	8 Intervals @ Scully Pk	9 4 - 5 Mi (Wts)	10 Alt W/O or 4 - 5 Mi
11	12 5 - 6 Mi (Wts)	13 Intervals @ Lynbrook	14 Pre-Meet (Wts)	15 <b>Fremont Invitational</b>	16 Indian Run @ Murdock(Wts)	17 Alt W/O or 5 - 6 Mi
18	19 Intervals @ Scully Pk	20 Pre-Meet (Wts)	21 <b>Central Park</b>	22 5 - 7 Mi (Wts)	23 <del>Hills!!</del> <i>Pre-Meet</i>	24 <del>RAM</del> <del>Alt W/O or</del> <del>5 - 6 Mi</del>
25	26 Intervals @ S'toga Crk Pk	27 4 - 5 Mi (Wts)	28 Big Hills!!	29 Rally Run 5 - 7 Mi	30 Pre-Meet (Wts)	

8 Strides at the end of all distance workouts; at the beginning of all Interval workouts.  
 wts = 15-20 minutes of upper body exercises.  
 Pre-Meet is 4-5 miles (with strides)



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S	M	T	W	T	F	S
						<sup>1</sup> <b>Artichoke Stanford</b>
2	3 Intervals @ Scully Pk	4 6 - 7 Mi (Wts)	5 Hills	6 Hash Run 6-7 Mi(Wts)	7 Intervals @ S'toga Crk Pk	8 6 - 7 Mi
9	10 6 - 7 Mi (Wts)	11 Hills	12 Pre-Meet (Wts)	<sup>13</sup> <b>Cntr Meet @ Crystal</b>	14 6 - 7 Mi (Wts)	15 7 - 8 Mi
16	17 6 - 7 Mi (Wts)	18 Intervals @ Foothill JC	19 6 - 7 Mi (Wts)	20 Pre-Meet	<sup>21</sup> <b>St Francis Invitational</b>	22 7 - 8 Mi
23	24 6 - 7 Mi (Wts)	25 Hills	26 Pre-Meet (Wts)	<sup>27</sup> <b>Cntr Meet @ Crystal</b>	28 Indian Run @ Murdock Pk	29 Alt W/O or 7 - 8 Mi
30	31 Pre-Meet					

Alt w/o such as biking, swimming, etc- for the same amount of time the run would take.



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		<sup>1</sup> <b>DAL Meet @ ??</b>	<sup>2</sup> 5 - 6 Mi	<sup>3</sup> Intervals @ Scully Pk	<sup>4</sup> 6 - 7 Mi	<sup>5</sup> 5 - 7 Mi
<sup>6</sup>	<sup>7</sup> Intervals @ S'toga Crk Pk	<sup>8</sup> Pre-Meet	<sup>9</sup> <b>Sub Section ?</b>	<sup>10</sup> 5 - 6 Mi	<sup>11</sup> Indian Run @ Murdock Pk	<sup>12</sup> 5 - 7 Mi
<sup>13</sup>	<sup>14</sup> Intervals @ Lynbrook	<sup>15</sup> Pre-Meet	<sup>16</sup> <b>CCS @ Crystal ??</b>	<sup>17</sup>	<sup>18</sup>	<sup>19</sup>
<sup>20</sup>	<sup>21</sup> <i>We'll deal with this when we get here.</i>	<sup>22</sup>	<sup>23</sup>	<sup>24</sup>	<sup>25</sup> Pre-Meet	<sup>26</sup> <b>State @ Woodard</b>
<sup>27</sup>	<sup>28</sup>	<sup>29</sup>	<sup>30</sup>			