

**Students Off And Running
Training Schedule
2011-2012**

Week	Week of	Day 1	Day 2	Long	Weekly Milage
1	10/3/2011	2.00	2.00	3.00	7.00
2	10/10/2011	2.00	3.00	3.00	8.00
3	10/17/2011	3.00	3.00	3.10	9.10
4	10/24/2011	4.00	3.00	5.00	12.00
5	10/31/2010	4.00	3.00	5.00	12.00
6	11/7/2011	4.00	4.00	3.10	11.10
7	11/14/2011	5.00	3.00	5.00	13.00
8	11/21/2011	5.00	Holiday	5.00	10.00
9	11/28/2011	5.00	3.00	Shoe Clinic	8.00
10	12/5/2011	3.00	4.00	6.20	13.20
11	12/12/2011	3.00	4.00	10.00	17.00
12	12/19/2011	5.00	5.00	Holiday	10.00
13	12/26/2011	4.00	10.00	Holiday	14.00
14	1/2/2012	3.00	4.00	10.00	17.00
15	1/9/2012	5.00	3.00	13.10	21.10
16	1/16/2012	3.00	5.00	15.00	23.00
17	1/23/2012	5.00	5.00	10.00	20.00
18	1/30/2012	5.00	4.00	13.10	22.10
19	2/6/2012	4.00	3.00	18.00	25.00
20	2/13/2012	3.00	5.00	10.00	18.00
21	2/20/2012	4.00	5.00	20.00	29.00
22	2/27/2012	3.00	3.00	10.00	16.00
23	3/5/2012	3.00	5.00	10.00	18.00
24	3/12/2012	4.00	3.00	26.20	33.20
				Total Miles	386.80

 **Event**

 **Hill Training**