

## Week of Sept 20 , 2021

### Grade 6 Girls/Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept. 13	<b>Time trail Monday</b> <b>4:15 p.m.</b> MRYTL <i>Meet east side of Pavillion</i>	<b>Easy Run</b> 20-30 min OR Rest (Tues or Thursday, not BOTH)	<b>Workout @ Sunnybrook</b> <b>4:15 p.m.</b> <b>Fartlek</b> Leg Circuit <i>Meet east side of Pavillion</i>	<b>Easy Run</b> 20-30 min OR Rest	REST	<b>Workout @ Sunnybrook</b> <b>10:00 a.m.</b> <b>Steady State</b> <i>Meet east side of Pavillion</i>	<b>Long(er) Run</b> Easy Pace 20-30

### Grade 7 Girls/Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept. 13	<b>Time trail Monday</b> <b>4:15 p.m.</b> MRTYL <i>Meet east side of Pavillion</i>	<b>Easy Run</b> 20-30 min OR Rest (Tues or Thursday, not BOTH)	<b>Workout @ Sunnybrook</b> <b>4:15 p.m.</b> <b>Fartlek</b> Leg Circuit <i>Meet east side of Pavillion</i>	<b>Easy Run</b> 25-35 min OR Rest	REST	<b>Workout @ Sunnybrook</b> <b>10:00 a.m.</b> <b>Steady State</b> <i>Meet east side of Pavillion</i>	<b>Long(er) Run</b> Easy Pace 25-30

### Grade 8 Girls / Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept. 13	<b>Time trail Monday</b> <b>4:15 p.m.</b> MRTYL <i>Meet east side of Pavillion</i>	<b>Easy Run</b> 20-30 min OR Rest (Tues or Thursday, not BOTH)	<b>Workout @ Sunnybrook</b> <b>4:15 p.m.</b> <b>Fartlek</b> Leg Circuit <i>Meet east side of Pavillion</i>	<b>Easy Run</b> 30-35 min OR Rest	REST	<b>Workout @ Sunnybrook</b> <b>10:00 a.m.</b> <b>Steady State</b> <i>Meet east side of Pavillion</i>	<b>Long(er) Run</b> Easy Pace 30-40