

Week of Jan. 24th

Grade 6 Girls/Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 24th	Steady state	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Speed	Easy Run 20-30 min OR Rest	REST	Tempo Work	Easy run 25-30'

Grade 7 Girls/Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 24th	Steady state	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Speed	Easy Run 25-35 min OR Rest	REST	Tempo Work	Easy run 25-30'

Grade 8 Girls / Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan. 24th	Steady state	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Speed	Easy Run 30-35 min OR Rest	REST	Tempo Work	Easy run 30-35'