



FALL BREAK WORKOUTS

FRIDAY, OCTOBER 9TH	SATURDAY, OCTOBER 10TH	SUNDAY, OCTOBER 11TH	MONDAY, OCTOBER 12TH
<ul style="list-style-type: none"> ◆ 20:00 EASY ◆ 2:00 REST ◆ 200 M. @ :31-:32 ◆ JOG 800 M. COOL DOWN 3 MILES 	<ul style="list-style-type: none"> ◆ 8 MILE RUN 8 MILES 	<ul style="list-style-type: none"> ◆ 2 MILE RUN 2 MILES 	<p>REGION TEAM: 8 MILES</p> <ul style="list-style-type: none"> ◆ 6 MILE RUN ◆ 2 X 800 M. ◆ 2 X 400 M. ◆ 800 M. COOL DOWN <p>STATE TEAM: 13 MILES</p> <ul style="list-style-type: none"> ▪ 10 MILE RUN AT 70:00 ▪ 2 X 800 M. AT 2:30-2:45 ▪ 2 X 400 M. ▪ 1 X 800 M. AT 2:30-2:45 ◆ 1 MILE COOL DOWN

STATE TEAM:

DUVALL, CHRISTOPHER
CANNON, TRADD
GOSSETT, BRADLEY
GRITTERS, AUSTIN
MARSH, TIMOTHY
MOHME, DOUG

MORRIS, JAKE
PARRISH, PRESTON
PRETTYMAN, BROOKS
RAMSEY, BRANDON
SCHANEN, AUSTIN
SUTTON, DREW

WILLIAMS, TAKIM