

**Students Off And Running  
Training Schedule  
2016-2017**

<b>Week</b>	<b>Week of</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Long</b>	<b>Weekly Milage</b>
1	10/3/2016	2.00	2.00	3.00	7.00
2	10/10/2016	2.00	3.00	3.00	8.00
3	10/17/2016	3.00	3.00	5.00	11.00
4	10/24/2016	3.00	4.00	3.10	10.10
5	10/31/2016	4.00	4.00	3.10	11.10
6	11/7/2016	4.00	4.00	5.00	13.00
7	11/14/2016	4.00	5.00	5.00	14.00
8	11/21/2016	5.00	Holiday	5.00	10.00
9	11/28/2016	5.00	4.00	8.00	17.00
10	12/5/2016	5.00	4.00	6.20	15.20
11	12/12/2016	4.00	4.00	10.00	18.00
12	12/19/2016	4.00	5.00	Holiday	9.00
13	12/26/2016	5.00	5.00	10.00	20.00
14	1/2/2017	5.00	5.00	13.10	23.10
15	1/9/2017	5.00	4.00	10.00	19.00
16	1/16/2017	4.00	4.00	10.00	18.00
17	1/23/2017	4.00	5.00	10.00	19.00
18	1/30/2017	5.00	4.00	15.00	24.00
19	2/6/2017	4.00	3.00	18.00	25.00
20	2/13/2017	3.00	6.20	10.00	19.20
21	2/20/2017	4.00	5.00	15.00	24.00
22	2/27/2017	5.00	4.00	20.00	29.00
23	3/6/2017	4.00	4.00	10.00	18.00
24	3/13/2017	4.00	2.00	26.20	32.20
				<b>Total Miles</b>	<b>413.90</b>

 **Event**

 **Hill Training**