

**Students Off And Running  
Master Training Schedule  
2015-2016**

Week	Week of	Day 1	Day 2	Long	Weekly Milage
1	9/14/2015	2.00	2.00	3.00	7.00
2	9/21/2015	3.00	3.00	4.00	10.00
3	9/28/2015	4.00	3.00	4.00	11.00
4	10/5/2015	4.00	4.00	5.00	13.00
5	10/12/2015	4.00	5.00	3.10	12.10
6	10/19/2015	5.00	4.00	5.00	14.00
7	10/26/2015	5.00	4.00	5.00	14.00
8	11/2/2015	5.00	4.00	6.20	15.20
9	11/9/2015	4.00	4.00	10.00	18.00
10	11/16/2015	4.00	5.00	5.00	14.00
11	11/23/2015	5.00	Holiday	10.00	15.00
12	11/30/2015	5.00	4.00	10.00	19.00
13	12/6/2015	5.00	4.00	13.10	22.10
14	12/13/2015	4.00	4.00	10.00	18.00
15	12/20/2015	4.00	Holiday	10.00	14.00
16	12/28/2015	5.00	Holiday	15.00	20.00
17	1/4/2016	4.00	4.00	13.10	21.10
18	1/11/2016	3.00	5.00	10.00	18.00
19	1/18/2016	4.00	5.00	15.00	24.00
20	1/25/2016	5.00	4.00	20.00	29.00
21	2/1/2016	4.00	4.00	10.00	18.00
22	2/8/2016	4.00	2.00	26.20	32.20
				<b>Total Miles</b>	<b>378.70</b>

**Event**

**Hill Training**