

**Students Off And Running
Training Schedule
2017-2018**

Week	Week of	Day 1	Day 2	Long	Weekly Milage
1	10/2/2017	2.00	2.00	3.00	7.00
2	10/9/2017	2.00	3.00	3.00	8.00
3	10/16/2017	3.00	3.00	5.00	11.00
4	10/23/2017	3.00	4.00	3.10	10.10
5	10/30/2017	4.00	4.00	5.00	13.00
6	11/6/2017	4.00	4.00	3.10	11.10
7	11/13/2017	4.00	5.00	5.00	14.00
8	11/20/2017	5.00	Holiday	5.00	10.00
9	11/27/2017	5.00	4.00	8.00	17.00
10	12/4/2017	5.00	4.00	6.20	15.20
11	12/11/2017	4.00	4.00	10.00	18.00
12	12/18/2017	4.00	5.00	Holiday	9.00
13	12/25/2017	5.00	5.00	10.00	20.00
14	1/1/2018	5.00	5.00	13.10	23.10
15	1/8/2018	5.00	4.00	10.00	19.00
16	1/15/2018	4.00	4.00	10.00	18.00
17	1/22/2018	4.00	5.00	10.00	19.00
18	1/29/2018	5.00	4.00	15.00	24.00
19	2/5/2018	4.00	3.00	18.00	25.00
20	2/12/2018	3.00	6.20	15.00	24.20
21	2/19/2018	4.00	5.00	10.00	19.00
22	2/26/2018	5.00	4.00	20.00	29.00
23	3/5/2018	4.00	4.00	10.00	18.00
24	3/12/2018	4.00	2.00	26.20	32.20
				Total Miles	413.90

 **Event**

 **Hill Training**