

**Students Off And Running
Training Schedule
2018-2019**

Week	Week of	Day 1	Day 2	Long	Weekly Milage
1	10/1/2018	2.00	2.00	3.00	7.00
2	10/8/2018	2.00	3.00	4.00	9.00
3	10/15/2018	3.00	3.00	3.10	9.10
4	10/22/2018	3.00	4.00	5.00	12.00
5	10/29/2018	4.00	4.00	5.00	13.00
6	11/5/2018	4.00	4.00	3.10	11.10
7	11/12/2018	4.00	5.00	5.00	14.00
8	11/19/2018	5.00	Holiday	5.00	10.00
9	11/26/2018	5.00	4.00	7.00	16.00
10	12/3/2018	5.00	4.00	10.00	19.00
11	12/10/2018	4.00	4.00	6.20	14.20
12	12/17/2018	4.00	5.00	Holiday	9.00
13	12/24/2018	Holiday	5.00	10.00	15.00
14	12/31/2018	Holiday	5.00	10.00	15.00
15	1/7/2019	5.00	4.00	13.10	22.10
16	1/14/2019	4.00	4.00	10.00	18.00
17	1/21/2019	4.00	5.00	10.00	19.00
18	1/28/2019	5.00	4.00	15.00	24.00
19	2/4/2019	4.00	3.00	7.20	14.20
20	2/11/2019	3.00	5.00	15.00	23.00
21	2/18/2019	4.00	6.20	10.00	20.20
22	2/25/2019	5.00	4.00	10.00	19.00
23	3/4/2019	4.00	4.00	20.00	28.00
24	3/11/2019	4.00	4.00	10.00	18.00
25	3/18/2019	4.00	2.00	26.20	32.20
				Total Miles	411.10

 **Event**

 **Hill Training**