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| September |  |
|  | 2020 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | 4 miles distance | 3 miles (pre-meet pace) | **Clearwater invitational**  (Clearwater schools) | 4 miles distance  Core work | rest |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| rest | 1/2 mile warm up  8 X 400  1/2 mile cool down | 4 miles distance  Core work | 1 mile warm up  20 minutes farlek  1 mile cool down | **Mulvane JV**  **Invitational**  (Mulvane High School) | 3 miles (pre meet pace) | **Wamego**  **Invitational**  (Wamego Country Club) |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| rest | 1/2 mile warm up  9 X 400  1/2 mile cool down | 5 miles distance  Core work | 1 ½ mile warm up  6 x hills  1 ½ mile warm up | 4 miles distance  Core work | 3 miles (pre-meet pace) | **Circle Invitational**  (Wartick Farms) |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 1/2 mile warm up  10 X 400  1/2 mile cool down | 5 miles distance  Core work | 3 miles (pre-meet pace) | **Goddard Invitational**  (Lake Afton) | ½ mile warm up  20 minutes Farlek  ½ mile cool down | rest |
| 27 | 28 | 29 | 30 |  |  |  |
|  | 1/2 mile warm up  11 X 400  1/2 mile cool down | 5 miles distance  Core work | 3 miles (pre-meet pace) |  |  |  |
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