

**Students Off And Running
Training Schedule
2012-2013**

Week	Week of	Day 1	Day 2	Long	Weekly Milage
1	10/1/2012	2.00	2.00	3.00	7.00
2	10/8/2012	2.00	3.00	3.00	8.00
3	10/15/2012	3.00	3.00	4.00	10.00
4	10/22/2012	3.00	4.00	3.10	10.10
5	10/29/2012	4.00	3.00	5.00	12.00
6	11/5/2012	4.00	4.00	3.10	11.10
7	11/12/2012	5.00	3.00	5.00	13.00
8	11/19/2012	5.00	Holiday	5.00	10.00
9	11/26/2012	5.00	4.00	3.10	12.10
10	12/3/2012	5.00	4.00	6.20	15.20
11	12/10/2012	4.00	4.00	10.00	18.00
12	12/17/2012	4.00	5.00	5.00	14.00
13	12/24/2011	Holiday	5.00	10.00	15.00
14	12/31/2012	Holiday	5.00	10.00	15.00
15	1/7/2013	5.00	4.00	13.10	22.10
16	1/14/2013	4.00	4.00	15.00	23.00
17	1/21/2013	4.00	5.00	10.00	19.00
18	1/28/2013	5.00	4.00	13.10	22.10
19	2/4/2013	4.00	3.00	15.00	22.00
20	2/11/2013	3.00	5.00	10.00	18.00
21	2/18/2013	4.00	3.00	20.00	27.00
22	2/25/2013	3.00	OFF	10.00	13.00
23	3/4/2013	4.00	4.00	10.00	18.00
24	3/11/2012	4.00	2.00	26.20	32.20
				Total Miles	386.90

 **Event**

 **Hill Training**