

September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Smith Speed workout	2 Smith Long Run and Strides	3	4 JV- 30 mins V – 40 mins On your own
5	6 LABOR DAY JV- 30 mins V – 40 mins	7 Smith Long Run and Strides	8 Smith Speed workout	9 JV-15 min run 4x50 strides V-25 min run 4x50 strides	10	11 MEET/RACE
12	13 JV-15 min run 4x50 strides V-25 min run 4x50 strides	14 MEET/RACE	15 Recovery workout	16 JV-15 min run 4x50 strides V-25 min run 4x50 strides	17	18 MEET/RACE
19	20 Smith Long Run and Strides	21 Smith Long Run and Strides	22 Smith Speed workout	23 Smith Long Run and Strides	24	25 JV- 30 mins V – 40 mins On your own
26	27 Smith Long Run and Strides	28 Smith Long Run and Strides	29 Smith Speed workout	30 Smith Long Run and Strides		