

October

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Meet/Race
3	4 Smith Long Run and Strides	5 Smith Long Run and Strides	6 Smith Speed workout	7 Possible Meet/Race	8	9 Sectionals 5-8
10	11 Smith Long Run and Strides	12 Smith Long Run and Strides	13 Smith Speed workout	14 Smith Long Run and Strides	15	16 STATE MEET
17	18 Smith Long Run and Strides	19 Smith Long Run and Strides	20 Smith Speed workout	21 Smith Long Run and Strides	22	23 Possible Meet/Race
24	25 Optional NXR training runs	26 Optional NXR training runs	27 Optional NXR training runs	28 Optional NXR training runs	29	30 IESA Season End date
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