

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
22-Sep	SHORTZn 2 +2-miles	WOODCHIPS	<u>LEAGUE MEET #1</u>	ROCKETSHIP PARK	long run	PENN HILL CIRCUIT
	7	10	6	9	12	7

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
29-Sep	Shortzn 4mile	WOODCHIPS	<u>SOUTH BAY CUP</u>	MANHATTAN PIER	800M REPEATS	<u>JOG-A-THON</u>
	7	10	6	8	7 with hills	10

