







Sundav	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2007</h1> 						<p>1 Practice on your own today (the long weekend) easy run 15-30 4-6xstrides</p>
<p>2 On Sunday do longer run. About 10-15 min longer than your longest thru the week.</p>	<p>3 Easy run 15-30 min with 4-6 strides afterwards</p>	<p>4 5pm Regina Mundi Sec school parking lot Wellington Rd S</p>	<p>5 Easy run 15-30 min</p>	<p>6 5pm Elsie Perron Pk off Windermere Rd West</p>	<p>7 Fri is your rest day. One day of rest each week. It could be Mon or Wed if you like.</p>	<p>8 9:15am Springbank Pk</p>
<p>9 For example 20-50 min long very easy.</p>	<p>1 0 As above but add 5 more min than last week 20-35min long 4-6xstrides</p>	<p>1 1 5pm Regina Mundi</p>	<p>1 2 Easy run 15-35 min</p>	<p>1 3 As above</p>	<p>1 4 As above</p>	<p>1 5 As above</p>
<p>1 6 As above</p>	<p>1 7 As above but add 5 more min than last week so about 20-40 min long 4-6xstrides</p>	<p>1 8 as above</p>	<p>1 9 Easy run 20-40 min</p>	<p>2 0 As above</p>	<p>2 1 As above</p>	<p>2 2 As above</p>
<p>2 3 As above</p>	<p>2 4 Easy run 15-30 min 4-6xstrides</p>	<p>2 5 as above</p>	<p>2 6 Easy run 15-30 min</p>	<p>2 7 As above</p>	<p>2 8 As above</p>	<p>2 9 As above</p>
<p>3 0 As above (See note about Oct 6)</p>					<p>N OTE: On Sat Oct 6, we would like to have the practice at Parkside Sec Sch</p>	<p>in St. Thomas. Perhaps afterwards we could go for breakfast!!</p>