



FALL **SPEEDPLAY** TRAINING SCHEDULE

WEEK OF:	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.9 - 8.15					8 x 200 w 200 recovery		
8.16 - 8.22					6-8 400 w :30 recovery		
8.23 - 8.29					5-6 800 w :60 recovery		
8.30 - 9.5					10 x 200 w 200 recovery		
9.6 - 9.12					3-4 1600 w :60 recovery		
9.13 - 9.19					3 200 2 400 1 800 all w :60 recovery		
9.20 - 9.26					2 mile TT		
9.27 - 10.3					Saucony Party and Relay Race!		

- Schedule Notes:**
- ✓ Follow you're marathon or half schedule for Sunday - Wednesday as well as the weekend. SpeedPlay group workouts are Thursdays.
 - ✓ If you do the 6:00PM workout, adjust Friday's workout accordingly and complete later in day if possible
 - ✓ We will do a group warm up and drills before each workout
 - ✓ Plan on receiving running form coaching as well as workout and pace coaching
 - ✓ We will provide ample hydration and cooling for the hot weather!
 - ✓ Each workout is specific in function and purpose, we'll explain both before each one - trust your coaches!
 - ✓ Any training questions email frank@fleetfeetcincy.com or lisa@fleetfeetcincy.com