

August 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekley Total
1	2	3	4	5	6	7	R - 20, JV - 30, V - 45
8	9	10	11	12	13	14	R - 20, JV - 30, V - 45
15	16 Running Works Camp	17 Running Works Camp	18 Running Works Camp	19 Running Works Camp	20 Running Works Camp	21	CAMP MILES - L - 25, M - 40, H - 55
22 H- 5 M-5 L-3	23 H-5 M- 4 L- 3	24 Holmdel Threshold H- 9, 3X1M 19:33 total M- 6, 2X1M L- 4	25 H-7 M- 4 L- 3	26 Mill Creek H-10: 3, 6X Hills, 3 M-6: 3, 3 Hills, 1 L - 4, No hills	27 H- 8 M- 4 L- 2	28 H- 6 M- Off L- Off	H- 50, M- 29, L- 19
29 Delsea H- 9, 5X1km Threshold M- 6, 3X1km L- 4, 1X1km	30 H- 6 M- 4 L-3	31 Holmdel H- 9, Hill Thresh M- 6, Hills L- 4, Hills					

September 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
			1 H- 7 M- 4 L- 3	2 Belmont - Hills H- 10 M- 6 L- 4	3 H- 7 M- 3 L- 2	4 Shore - Leonberg H- 9, 7 Mi race easy M- 5, 5K race easy L- 4, 5K race easy	H- 50, M- 29, L- 20
5 H- 5 M- 4 L- Off	6 Switch to 3PM H- 9, 3 Mi Tempo M- 6, 2 Mi Tempo L- 3, 1 Mi Tempo	7 H- 9 M- 6 L- 3-4	8 H- 7, 12X200 M- 5, 8X200 L- 3, 4X200	9 H- 8 M- 5 L- 3	10 Yard Sale Rita's Water Ice 5/10 Mile Run after Yard Sale	11 H- 2-5 M- Off L- Off	H- 50, M- 35, L- 22
12 H- 8 M- 5 L- 3	13 New Egypt H- 9 M- 6 L- 5	14 Threshold H- 8 M- 6 L- 4	15 H- 7 M- 5 L- 3	16 H- 7 M- 5 L- 3	17 Cherokee Challenge H- 8, M- 6, L- 5	18 H- 2-5 M- Off L- Off	H- 48, M- 33, L- 23
19 H- 8 M- 5 L- 3	20 Westhampton H- 9 M- 6 L- 5	21 Threshold H- 8 M- 6 L- 4	22 H- 7 M- 5 L- 3	23 H- 7 M- 5 L- 3	24 SJ Shootout H- 8, M- 6, L- 5	25 H- 2-5 M- Off L- Off	H- 50, M- 33, L- 23
26 H- 8 M- 5 L- 3	27 Cinnaminson H- 9 M- 6 L- 5	28 Threshold H- 8 M- 6 L- 4	29 H- 7 M- 5 L- 3	30 H- 7 M- 5 L- 3			

October 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
					1 Shore Coaches H- 9 M- 6 L- 5	2 H- 2-5 M- Off L- Off	H- 50, M- 33, L- 23
3 H- 8 M- 5 L- 3	4 Hard Interval Ladder H- 8-9 M- 6 L- 4	5 H- 8 M- 5 L- 3	6 BC Frosh/Soph @ Mill Creek Threshold for others H- 8, M- 5, L- 4	7 H- 6 M- 4 L- 3	8 SJ Coaches Invitational H- 8, M- 6, L- 4	9 H- 2-5 M- Off L- Off	H- 50, M- 31, L- 21
10 H- 5 M- 4 L- 3	11 Rancocas Valley H- 8, M- 6, L- 5	12 H- 7 M- 5 L- 3	13 H- 5 M- 4 L- 3	14 H- 9 - 12X400 M- 7 - 8X400 L- 5 - 6X400	15 Long Run Team Breakfast	16 H- 2-5 M- Off L- Off	H- 45, M- 30, L- 22
17 Divisionals - New Egypt 3:30 Boys Start - H- 8 M- 5, Intervals L- 4, Intervals	18 H- 8 M- 5 L- 3	19 H- 6 M- 4 L- 3	20 H- 6 M- 4 L- 3	21 County Open - Mill Creek 3:30 Girl, 4:00 Boy, 4:30 Open, H- 9 M- 6, L- 5	22 End of Regular Season - Ultimate Frisbie	23 H- 2-5 M- Off L- Off	H- 42, M- 26, L- 19
24 SJ Coaches Frosh/ Soph H- 8 5 X 1000 Threshold on hill trails. Tommy in jured	25 6	26 7	27 2X1000 @ 3:15-20 2X800 @2:32 4X400 @68-70	28 5	29 9	30 3	45
31 1XMile @5:02-12 1X1000 @3:15-20 4X400@70							

November 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
	1 5	2 6	3 8X200 @ 35	4 4	5 Sectionals - Delsea 8	6 2	38
7 6	8 10 X 400 @ 70	9 6	10 2 X 1000 @ Threshold (3:45)	11 4	12 Group Championships - Holmdel 7	13 2	37
14 6	15 5X1000 @ Threshold - 3:45	16 6	17 4-6 X 300 @ 55-60	18 4	19 Meet of Champions - Holmdel	20	34
21	22	23	24 Turkey Trot	25	26	27	
28	29	30					