



Date	Workout	Route/Description
9/6/2018	3 or 5 mile city run	3 or 5 mile route
9/13/2018	25 minute run + core	Out & back on N. Marginal + group core
9/20/2018	3 mile run + hills	Meeting at Merwins Warf +3-4x Columbus Rd hill
9/27/2018	4 or 6 mile city run	4 mile route 6 mile route
10/4/2018	Tempo run	30 minute group tempo run
10/11/2018	Short speed workout	Progression ladder