

# Week 10 Schedule

## Monday 16-Oct

4:00 PM Team Meeting

4:20 PM 5 min Warm-up  
Strength/Flexiablity

### Long Run

#### Post workout

1 set of bouncers  
20 pushes up  
3 different rope stretches

## Thursday 19-Oct

4:00 PM Team Dicussion (BTM and Leaders)

4:15 PM 5 min warm up  
Strength/Flexiablity

### Aerobic Run

#### Post workout

1 set of bouncers  
20 pushes up  
3 different rope stretches

## Tuesday 17-Oct

4:00 PM 5 min warm up  
Strength/Flexiablity

### Aerobic Run

#### Post workout

1 set of bouncers  
20 pushes up  
3 different rope stretches

## Friday 20-Oct

4:00 PM 5 min warm up  
Strength/Flexiablity

### 3k Pursuit

#### Post workout

1 set of bouncers  
20 pushes up  
3 different rope stretches

## Wednesday 18-Oct

4:00 PM  
1 mile up/down

Workout 1 800's @ Goal Pace

4x800

2x(4x200) Sprints

@EGF

## Saturday 21-Oct

10:00 AM Run to Riverside Park  
Strength/Flexiablity

### Aerobic Run

#### Post workout

1 set of bouncers  
20 pushes up  
3 different rope stretches

Doughnuts/Cholocate Milk

**A Champion has the courage to risk failure, knowing that setbacks are lessons to learn from.**