

APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 6 Miles 3x40	29 AM: 4 4miles	30 Lumberjack	31 7 miles	1 3x2 mile Tempo	2 Women @ Urbana 5miles
3 Long Run 8-11	4 6 Miles 3x300 2min rest	5 AM: 4 @monticello	6 8-12-4x2 3min rest	7 6 Miles	8 5 Miles	9 Men @ Rantoul 6miles
10 Long Run 7-10	11 6 miles	12 AM 4 B@SJO G@Central	13 5 miles	14 5 miles	15 B@Monticello G@Unity	16 7 Miles
17 Long Run 7-10	18 4 Miles	19 AM: 4 Speed-R-Us	20 6 miles	21 5 miles	22 B@Unity G@GCMS	23 B@Monticello F/S 6miles
24 Long Run 6-9	25 2x400 3miles 2x400	26 AM: 3 4miles 3x40	27 Jacobs Ladder	28 4 miles	29 Spartan Classic G@Monticello	30 4 miles

NOTES
