



RELAY ACROSS EL SALVADOR TRAINING SCHEDULE

	Dates	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Week Total
Week									
1	Feb 18-Feb 24	OFF	3	5	4	OFF	4	6	22
2	Feb 25-Mar 3	OFF	3	5	4	2	5	6	25
3	Mar 4-Mar 10	OFF	4	4	5	OFF	5	8	26
4	Mar 11-Mar 17	OFF	3	4	5	OFF	4	7	23
5	Mar 18-Mar 24	OFF	4	5	4	4	5	8	30
6	Mar 25-Mar 31	OFF	4 + 3	4	5	4	6	7	33
7	Apr 1-Apr 7	OFF	3 + 3	4	5	4 + 3	5	8	35
8	Apr 8-Apr 14	OFF	4 + 3	4	4	5	6	7	33
9	Apr 15-Apr 21	OFF	4 + 3	5	4	4 + 4	6	8	38
10	Apr 22-Apr 28	OFF	4 + 4	6	4	4 + 4	6	8	40
11	Apr 29-May 5	OFF	3 + 4	4	4	3 + 4	5	7	34
12	May 6-May 12	OFF	4	5	5	OFF	4	3	21

Wed. hill repeats, include some walking up the hills

Practice downhill running - not fast, not long distance, strengthen quads

Northwest Suburban Chicago

Training Group Information

Thursdays at 6am | Meet at the Willow Creek Care Center

67 E. Algonquin Rd., South Barrington, IL 60010

- We will run, eat a quick breakfast and there will be a Bible study for those interested. Showers and lockers are available.

Saturdays at 6am | Algonquin Road School

975 Algonquin Rd., Fox River Grove, IL 60021

- We will meet in the parking lot and run through Barrington Hills together.