

# September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 7 miles, runners' choice (stay together, socialize), 6x75 striders; -2 for New	2 <b>Rest Day</b> <i>Vets: 41-42 miles</i> <i>New: 34 miles</i> <i>(adjust if needed)</i>
3 Prospect Heights Plus: 9 miles (Crossfire add-on); New -2 (R at Saddle, R at Colonial)	4 2 mile WU, 1200, tempo mile, 5 hills, tempo mile, 1200 @ track, 2 mile CD (8)	5 Archery Range: 6 miles; New -2 5xWicket Drills @ track	6 2 mile WU, Robinson Park segments 1-2-3, 1-2-3, 3-2-1, 2 mile CD (7)	7 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD	8 RACE #2: Bozeman Invitational (7 miles)	9 <b>Rest Day</b> <i>Vets: 41 miles</i> <i>New: 37 miles</i> <i>(adjust if needed)</i>
10 1 mile WU, Tucker Gulch; 3 sets of 100, 200, 300, 400 w/jog rec, 3 mile CD (8)	11 5 miles; New -1 5xWicket Drills @ track	12 2 mile WU to NW Park, 1x3 mile, 1x1 mile tempo, 2 mile CD, 6 striders (8)	13 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD	14 RACE #3: Great Falls Invitational (7 miles)	15 7 miles, runners' choice, 6x75 striders; -2 for New	16 <b>Rest Day</b> <i>Vets: 39 miles</i> <i>New: 36 miles</i> <i>(adjust if needed)</i>
17 Davis/Fuchs/Water, 9 miles; New -2 (Davis out-and-back)	18 2 mile WU, 1200, mile tempo, 800, mile tempo, 400, 2 mile CD @ track (7.5)	19 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD	20 RACE #4: Butte Invitational (7 miles)	21 6 miles; New -2 5xWicket Drills @ track	22 2 mile WU, 8x600 @ 5k pace w/2-3 min at Smith, 2 mile CD (7)	23 <b>Rest Day</b> <i>Vets: 41 miles</i> <i>New: 36 miles</i> <i>(adjust if needed)</i>
24 Ascen/Enter/After: 9 miles; New -2	25 2-man, 6-mile relay (7)	26 6 miles; New -2 5xWicket Drills @ track	27 2 mile WU, 4x1 mile tempo, 4x200 fast, 2 mile CD (8.5) -2 for	28 Vigilante Stadium: Pre-meet, 2 mile WU, 3 perimeters, 1 mile CD	29 RACE #5: Mountain West Classic (7 miles)	30 <b>Rest Day</b> <i>Vets: 41-42 miles</i> <i>New: 36-37 miles</i> <i>(adjust if needed)</i>