

TUESDAY NIGHT WORKOUTS
2008 @6:00 pm.

- April 1 st Learning the quarts (welch)
April 8 th Do quarts for time (welch)
April 15th Three person relay (200)(h.S. Track)
April 22 nd 2 mile Indians(welch)
April 29th ½ mile run (welch)
- May 6 th .64 mile run for time(welch)
May 13 th on the track ¼ (4) (H.S. Track)
May 20 th .20 Three person relay(Homestead Park)
May 27 th 5 k Road workout (Homestead Park)
- Note: 6/3 and 6/10 workout sites have been switched!**
- June 3 rd Three person relay1/4(H.S.track)
June 10 th ¼ at Tudek Park
June 17 th Latter's 200,400,600,400,200.(PSU Track)
June 24 th Fox and Hound (Creamery)
- July 1 st Poker run (Sunset Park)
July 8 th Indian at Spring Park (30 Min's.)
July 15 th Hill workout at Slab Cabin
July 22 nd Psu track
July 29 th Psu track
- Aug. 5 th ½ mile repeats every 4mins.(H.S. Track)
Aug. 12 th 1000's at Fairbrook park.
Aug. 19 th 5K cross country course(H.S. Course)
Aug. 26 th 6 x 1/4's on the 2Mins. (H.S. Track)
- Sept. 2 nd 3 x1/2's on th 4mins. (PSU Track)
Sept. 9 th Long run at (spring creek park)
Sept. 16 th Indians from Welch Pool
Sept. 23 rd Long run to welch Pool
Sept. 29 th Hill workout at the Cross country course(H.S)
- Oct. 7 th Tempo run for 45 mins. From Waffle House
Oct. 14 th Run around the golf course (waffle House)
Oct. 21 st 5 K run at Tudek Park
Oct. 28 th H.S. Cross country course last Tuesday night workout.

GREAT SEASON YOU GUYS ARE GREAT. JERRY