

FAVORITE
THING TO DO
after school?

ELLIE LOOP
"Eat."

CHRIS SCHMIDT
"Hang out with
friends."

JULIAN WRIGHT
"Sleep."

JULIA SELEAR
"Go to work."

DANI WITTLES
"Get a snack."

ELAN VARHAN
"Play with my dogs."

SAMANTHA MYERS
"Take a nap."

BRETT BARNHART
"Eat some food."

MARATHON PREP

senior Lauren Lee explains what a typical training week for a mini marathon looks like

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cross Train	Resting Day	Running Day	Running Day	Running Day	Long Run

"The schedule is personalized for those who have been running cross country, and there's usually about 4-6 weeks in between the end of the cross country season and the half-marathon."

"On the days you don't have runs, you could rest or cross train"

"Usually you get about 3-5 days of running in a week"

"You also get a long run over the weekend"

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people

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seniors

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Job # 17177 School Carmel HS

Special Instructions

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