

CROSS COUNTRY WORKOUT SCHEDULE
For the Week of October 17th-23rd, 2011

District Group- Those not racing Double Duals

DD Group- Those racing Double Duals

Monday, 10/17:

District- 45 minutes as you feel

DD- 12 min warmup/cooldown- 4 x 400mH, L;90E; 6 x 200mH, :90R

Tuesday, 10/18:

District: 12 min warmup/15 min cooldown; 800mH, 2:00E; 600mH, 200mE; 3 x 400mH,:90E; 4 x 200mH, 1:00E

DD- 40 min easy

Wednesday, 10/19:

District- 42 minutes as you feel

DD- 33 minutes, followed by 10 x 100m striders

Thursday, 10/20:

DOBSON DOUBLE DUAL CHAMPIONSHIPS @ Lake Fairfax...bus leaves @ 2:30 pm.

Fr/Soph Boys- 4:15 pm

Fr/Soph Girls- 4:45 pm

Jr/Sr- Boys- 5:15 pm

Jr/Sr- Girls- 5:45 pm

District- 12 min warmup/15 min cooldown- 2 x 8:00tempo, 4 min E

Friday, 10/21:

Black- 6 miles as you feel

District- 42 minutes easy

Saturday, 10/22:

MEET @ CHS at 9:00 am

15 min warmup/cooldown

4 x (400mH, 100mE; 300mH, 200mE; 200mH, 400mE)

Sunday, 10/23:

Black- 9 miles as you feel

Everyone else- 42 minutes as you feel

QUOTE OF THE WEEK:

“My whole feeling in terms of racing is that you have to be very bold. You sometimes have to be aggressive and gamble.”

- **Bill Rodgers**