

CROSS COUNTRY WORKOUT SCHEDULE
For the Week of September 19th-25th, 2011

Monday, 9/19:

Black: 2 mile warmup/3 miles cooldown; 8 x 500m @ Brookfield Dip

Purple: 15 min warmup/cooldown; 8 x 500m @ Brookfield Dip

White: 15 min warmup/cooldown; 7x 500m @ Brookfield Dip

Weightroom

Tuesday, 9/20:

For those racing on Wednesday: 30 minutes easy, followed by 10 x 100m striders

For those not racing:

Black: 7 miles

Purple: 45 minutes as you feel

White: 40 minutes as you feel

Wednesday, 9/21:

Concorde District Meet #1 @ Lake Fairfax....bus leaving @ 2:30 pm.

For those not racing:

Black: 2 miles warmup/3 miles cooldown; 2 x 1.5 miles tempo, 1 mile easy

Purple: 15 minutes warmup/cooldown; 12 minutes tempo

White: 12 minutes warmup/15 min cooldown; 10 minutes tempo

Thursday, 9/22:

Black: 7 miles tempo

Purple: 42 min tempo

White: 38 min tempo

Weightroom

Friday, 9/23:

Black: 6 miles easy

For those who are racing: 30 minutes easy, followed by 10 x 100m striders

For those not racing: 12 minutes warmup/15 min cooldown; 10 minutes tempo

Saturday, 9/24:

Bull Run Invitational @ Hereford HS- Parkton, MD...be at CHS @ 5 am. Details are forthcoming.

For those people not running: 40 minutes as you feel.

Sunday, 9/25:

Black: 11 miles easy

Purple: 60 minutes easy

White: 50 minutes easy

QUOTE OF THE WEEK:

"I run because it's so symbolic of life. You have to drive yourself to overcome the obstacles. You might feel that you can't. But then you find your inner strength, and realize you're capable of so much more than you thought."

--Arthur Blank