

CROSS COUNTRY WORKOUT SCHEDULE
For the Week of September 26th-October 2nd, 2011

Monday, 9/26:

Black: 8 miles easy

Purple: 45 minutes as you feel

White: 42 minutes as you feel

Weightroom

Tuesday, 9/27:

12 minutes warmup/15 minutes cooldown

Black: 4 x 1 miles H; 5:00E (Rocky Run)

Purple: 4 x 1 miles H; 5:00E (Rocky Run)

White: 3x 1 miles H; 5:00E (Rocky Run)

Wednesday, 9/28:

Black: 6 miles as you feel

Purple: 40 minutes as you feel

White: 36 minutes as you feel

Weightroom

Thursday, 9/29:

Black: 2 miles warmup/cooldown; 2 miles tempo

Purple: 12 minutes warmup/15 minutes cooldown; 12 minutes tempo

White: 12 minutes warmup/cooldown; 10 minutes tempo

Friday, 9/30: **Meet @ 2:30 pm**

All Athletes: 30 minutes as you feel, followed by 10 x 100m striders on the track!

Saturday, 10/1:

Glory Days Grill Invitational @ Bull Run Park in Manassas....be @ CHS at 7:50 am. Details are forthcoming!!!

Sunday, 10/2:

Black: 10 miles easy

Purple: 60 minutes easy

White: 50 minutes easy

QUOTE OF THE WEEK:

"A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more. Nobody is going to win a 5,000 meter race after running an easy 2 miles. Not with me. If I loose forcing the pace all the way, well, at least I can live with myself."

Steve Prefontaine