

**WINTER TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of December 12<sup>th</sup>-18<sup>th</sup>, 2011**

Monday, 12/12:

Black: (Logan, Faris, Peter)- 44 minutes as you feel

Grey: (Kendall, Boys CC State Team)- 15 min warmup/cooldown; 2 x 9:00 tempo, 4:00R

Purple: 15 min warmup/cooldown; 5 x 1000mH, 3:00E

Silver: 15 min warmup/cooldown; 4 x 1000mH, 3:00E

White: 15 min warmup/cooldown; 4 x 800mH, 2:30E

Tuesday, 12/13:

Black & Silver: 40 minutes as you feel

Grey & Purple: 44 minutes as you feel

White: 36 minutes as you feel

Weightroom

Wednesday, 12/14:

Black: 50 minutes as you feel, including 10 x :20H, :40E

Grey & Purple: 15 min warmup/cooldown; 8 x 2:00H, 1:00E

Silver: 15 min warmup/cooldown; 7 x 2:00H, 1:00E

White: 12 min warmup/cooldown; 6 x 2:00H, 1:00E

Thursday, 12/15:

Black & Silver: 38 minutes as you feel

Grey: 42 minutes as you feel

Purple: 40 minutes easy

White: 35 minutes easy

Weightroom

Friday, 12/16:

Black: 15 minutes warmup/cooldown- 12:00 tempo

Those athletes racing: 35 minutes easy, followed by 10 x 100m striders

Purple/Grey: 15 minutes warmup/cooldown- 2 x 7:00m tempo, 4:00E

Silver: White: 12 minutes warmup/cooldown- 2x 6:00m tempo, 3:00E

Saturday, 12/17:

=PR= **Holiday Invitational @ PG Sports Complex...details are forthcoming!!!**

Black: 60 minutes as you feel

Purple/Silver (not racing): 40 minutes easy

White: 35 minutes easy

Sunday, 12/18:

Black & Silver: 50 minutes easy

Grey: 60 minutes as you feel

Purple: 55 minutes as you feel

White: 45 minutes as you feel

**QUOTE OF THE WEEK:**

**"It hurts up to a point and then it doesn't get any worse." - Ann Trason**