

WINTER TRACK DISTANCE WORKOUT SCHEDULE
For the Week of December 5th-11th, 2011

Monday, 12/5:

Black: 12 min warmup/15 min cooldown; 1.5 miles tempo, 5 minutes easy, 6 x 200m on track

Grey: 50 minutes as you feel

Purple: 15 min warmup/cooldown; 4 x 1600m at Threshold Pace, 3:00R

Silver: 15 min warmup/cooldown; 3 x 1600m at Threshold Pace, 3:00R

White: 12 min warmup/15 min cooldown; 4 x 1000m at Threshold Pace, 3:00R

Tuesday, 12/6:

Black: 6 miles easy

Grey: 15 min warmup/cooldown; 2 x 8:00 tempo, 4:00E

Purple: 45 minutes as you feel

Silver: 42 minutes as you feel

White: 38 minutes as you feel

Weightroom

Wednesday, 12/7: **FALL SPORTS AWARDS- 7 pm**

Black: 12 minutes warmup/ 15 min cooldown; 5 x (1:00H, :45E; :45H; :30E; :30H, :15E; :15H; 1:00E)

Grey: 45 minutes as you feel

Purple: 15 min warmup/cooldown- 5 x 3:00H, 1:00E

Silver: 15 min warmup/cooldown- 4 x 3:00H, 1:00E

White: 12 min warmup/ 15 min cooldown- 5 x 2:00H, 1:00E

Thursday, 12/8:

Black: Depart for San Diego...35 minutes easy.

Grey: 15 min warmup/cooldown; 3 x 5:00H, 2:00E

Purple: 42 minutes as you feel

Silver: 38 minutes as you feel

White: 35 minutes as you feel

Weightroom

Friday, 12/9:

Grey: 40 minutes as you feel

For those racing Saturday: 35 minutes, followed by 10 x 100m striders

For those not racing Saturday: 12 min warmup/cooldown; 4 x 800mH, 2:00E on track

Saturday, 12/10:

Black: **FOOTLOCKER NATIONAL CROSS COUNTRY CHAMPIONSHIPS @ SAN DIEGO, CA- 10 AM- PST**
Centreville Winter Track Challenge @ Centreville HS...details are forthcoming.

Grey: 45 minutes as you feel

Those not racing: 42 minutes easy

Sunday, 12/11:

Black: ***Enjoy the offseason....you've earned it!***

Grey: 65 minutes as you feel

Purple: 60 minutes as you feel

Silver: 56 minutes as you feel

White: 50 minutes as you feel

QUOTE OF THE WEEK:

"There is no glory in practice, but without practice there is no glory."- Rockford HS Wildcats Website