

WINTER TRACK DISTANCE WORKOUT SCHEDULE
For the Week of January 16th-22nd, 2012

Monday, 1/16:

Sean: 9 miles easy

Purple & Black: 50 minutes easy

White: 45 minutes easy

Weightroom

Tuesday, 1/17:

Sean: 2 miles warmup/cooldown; 2 x 800mH, 2:00E; 4 x 400m H, :90E; 8 x 200mH, 1:00E

Purple: 15 min warmup/cooldown; 4 x 400mH, :90E; 5 x 300mH, 100mE; 6 x 200mH, 1:00E;

White: 15 min warmup/cooldown; 3 x 400mH, :90E; 4 x 300mH, 100mE; 6 x 200mH, 1:00E;

Wednesday, 1/18:

Sean: 6 miles easy

Purple: 45 minutes easy

White: 42 minutes easy

Weightroom

Thursday, 1/19:

Sean: 7 miles easy, including: 15 x :40H, :20E

Purple: 12 minutes warmup/cooldown, 15 x :40H, :20E

White: 12 minutes warmup/cooldown, 10 x :40H, :20E

Friday, 1/20: **LAST REGULAR SEASON PRACTICE**

Sean: 5 miles, followed by 10 x 100m striders on track

Everyone else: 35 minutes followed by 10 x 100m striders on track

Saturday, 1/21:

TRI-MEET @ Episcopal HS vs. Lake Braddock & Fairfax...be at CHS at 5:45 am.

Sunday, 1/22:

Sean: 9 miles easy

Purple: 40 minutes as you feel

QUOTE OF THE WEEK:

"Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances." ***-Thomas Jefferson***