

WINTER TRACK DISTANCE WORKOUT SCHEDULE
For the Week of January 2nd-8th, 2012

Monday, 1/2:

Sean: 9 miles as you feel
Black & Purple: 60 minutes easy
Silver: 56 minutes easy
White: 52 minutes easy
Weightroom

Tuesday, 1/3:

Sean: 2 miles warmup/cooldown; 2 x 1.5 miles tempo, 1 mile rest
Black: 15 min warmup/cooldown; 3 x (3:00H, 1:00E; 2:00H, 1:00E; 1:00H, 1:00E; :30H;:90E)
Purple: 15 min warmup/cooldown; 4 x (2:00H, 1:00E; :90H; 1:00E; 1:00H, 1:00E; :30H; 1:00E)
White: 15 min warmup/cooldown; 3 x (2:00H, 1:00E; :90H; 1:00E; 1:00H, 1:00E; :30H; 1:00E)

Wednesday, 1/4:

Sean: 7 miles easy
Black: 45 minutes as you feel
Purple: 42 minutes as you feel
White: 40 minutes as you feel
Weightroom

Thursday, 1/5:

For those racing on Friday, 35 minutes easy, followed by 10 x 100m striders on the track.
Sean: 5 miles easy, followed by 5 x 300mH, 100mE; 2 miles cooldown
Black/Purple: 30 minutes easy, 6 x 200mH, :60R; 15 min cooldown

Friday, 1/6:

Tri-Meet vs. GC Marshall & Yorktown @ TJMS...details are forthcoming!!!

For those not racing: 35 minutes easy, followed by 10 x 100m striders on the track.

Saturday, 1/7:

Montgomery Invitational @ PG Sports & Learning Complex...details are forthcoming.

For those not racing: 40 minutes recovery run.

Sunday, 1/8:

Sean: 10 miles easy
Black: 65 minutes as you feel
Purple: 60 minutes as you feel
White: 50 minutes as you feel

QUOTE OF THE WEEK:

“When you put yourself on the line in a race and expose yourself to the unknown, you learn things about yourself that are very exciting.”

- Doris Brown Heritage, 5 time World Cross-Country Champion