

**WINTER TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of January 9<sup>th</sup>-16<sup>th</sup>, 2012**

Monday, 1/9:

Sean: 7 miles as you feel

Purple: (Liberty- Friday/Saturday)- 50 minutes

Black: (Liberty- Saturday only)- 50 minutes

White (TJMS)- 45 minutes

Tuesday, 1/10:

Sean: 2 miles wmup/cldown; 1 x 1600mH, 5:00R; 2 x 800mH, 2:30R; 4 x 400mH, :90R; 4 x 200mH, 1:00R

Purple & Black: 15 min wmup/cldown; 4 x (4 00mH, :90E; 300mH, :90E; 200mH, 2:00R)

White: 15 min wmup/cldown; 3 x (4 00mH, :90E; 300mH, :90E; 200mH, 2:00R)

Wednesday, 1/11:

Sean: 7 miles easy

Purple & Black: 44 minutes recovery run

White: 40 minutes recovery run

Weightroom

Thursday, 1/12:

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

Purple: 35 minutes easy, followed by 10 x 100m striders

Black & White: 15 minutes warmup/cooldown; 5 x (1:00H, :30E; :30H, 1:00E)

Friday, 1/13: **LIBERTY FLAMES INVITATIONAL @ LIBERTY UNIVERSITY, LYNCHBURG, VA**

Sean & Purple: 1600m Run @ Liberty

Black & White: 35 minutes as you feel, followed by 10 x 100m striders

Saturday, 1/14:

Sean/ Purple/ Black- **Liberty Flame Invitational, Day Two: 4x800m, 1000m, 3200m, 4x400m**

White: **Meet vs. GC Marshall & McLean @ TJMS....be at CHS @ 5:40 am.**

Sunday, 1/15:

Sean: 6 miles very easy

All other groups: 42 minutes easy recovery run

Monday, 1/16: **Be @ CHS- 10 am**

Sean: 9 miles easy

Purple: 50 minutes easy

Black: 50 minutes easy

White: 45 minutes easy

Weightroom

**QUOTE OF THE WEEK:**

***"It is true that speed kills. In distance running, it kills anyone who does not have it."***

**--Brooks Johnson**