

WINTER TRACK DISTANCE WORKOUT SCHEDULE
For the Week of January 23rd-29th, 2012

Monday, 1/23:

Sean: 2 miles warmup/cooldown

Purple: 12 min warmup/15 min cooldown

MICHAEL JORDAN WORKOUT- 6 x (200mH, 100mE; 300mH, 200mE)

Tuesday, 1/24:

Sean: 6 miles easy

Purple: 42 minutes easy

TEAM DINNER @ 5:30 pm

Wednesday, 1/25:

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

Purple: 33 minutes, followed by 10 x 100m striders on the track

Thursday, 1/26:

CONCORDE DISTRICT CHAMPIONSHIPS- DAY ONE @ PG Sports & Learning Complex...details are forthcoming.- 4x800m Relay, 1600m Run

For those not running: 12 min warmup/cooldown; 2 x 400m,:90E; 3 x 300m :90E; 4 x 200m; 1:00E

Friday, 1/27:

Everyone: 42 minutes easy (7 miles- Sean)

Saturday, 1/28:

Meet @ CHS- 9:30 am

Sean- 2 miles warmup/cooldown;

Everyone else: 15 min warmup/cooldown: 4:00H, 2:00E; 3:00H, :90E; 2 x 2:00H, :90E; 4 x 1:00H; 1:00E

Sunday, 1/29:

Sean/Logan- 8 miles easy

Purple: 44 minutes easy

QUOTE OF THE WEEK:

"A winner is someone who sets their goals, commits themselves to those goals and then pursues their goals with all the ability that is given to them. That requires someone who beleives in themselves, who will make self sacrifices, work hard, and maintain the determination to perform at the best of their ability."

-C. Leeman Bennett