

**WINTER TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of November 21<sup>st</sup>-27<sup>th</sup>, 2011**

Monday, 11/21:

Black: 15 min warmup/cooldown; (4 x (400mH, 200mE; 300mH, 200mE; 200mH, 400mE))

Purple: 15 min warmup/cooldown; 2 x 8:00 tempo

Silver: 15 min warmup/cooldown; 2 x 6:00 tempo

White: 12 min warmup/cooldown; 8:00 tempo

Weightroom

Tuesday, 11/22:

Black: 42 minutes as you feel

Purple: 44 minutes as you feel

Silver: 40 minutes as you feel

White: 35 minutes as you feel

Wednesday, 11/23: **PRACTICE @ 12:30 PM**

Black: 12 min warmup/15 min cooldown; 10 minutes tempo, 5:00E; 6 x 200mH

Purple: 15 min warmup/cooldown- (5 x 3:00H, 1:30E)

Silver: 15 min warmup/cooldown (4 x 300H, 1:30E)

White: 12 min warmup/cooldown (10 x 1:00H; 1:00E)

Weightroom

Thursday, 11/24: **HAPPY THANKSGIVING!!!!**

Black & Purple: 40 minutes easy

Silver: 35 minutes as you feel

White: 30 minutes as you feel

Friday, 11/25:

Black: **Depart for Footlocker @ CHS- 8:30 am- Run course upon arrival, including 10 x 100m striders**

Purple: 46 minutes as you feel

Silver: 42 minutes as you feel

White: 38 minutes as you feel

Saturday, 11/26: **MEET @ Lees Corner at 9 am**

Black: **FOOTLOCKER SOUTHERN REGIONAL CROSS COUNTRY CHAMPIONSHIPS @ CHARLOTTE, NC**

Purple: 15 min warmup/cooldown; 5 hill repeats, 3:00 R; 10 min tempo, 3:00R; 5 hill repeats (pushups)

Silver: 15 min warmup/cooldown; 4 hill repeats, 3:00 R; 8 min tempo, 3:00R; 4 hill repeats (pushups)

White: 12 min warmup/cooldown; 8 hill repeats (w/pushups)

Sunday, 11/27:

Black: 30 minutes recovery run

Purple: 65 minutes as you feel

Silver: 60 minutes as you feel

White: 48 minutes as you feel

**QUOTE OF THE WEEK:**

*"What distinguishes those of us at the starting line from those of us on the couch is that we learn through running to take what the days gives us, what our body will allow us, and what our will can tolerate." -John Bingham, running writer and speaker*