

WINTER TRACK WORKOUT SCHEDULE
For the Week of November 28th-December 4th, 2011

Monday, 11/28: **TEAM PHOTOS @ 3 PM- Dress-up Attire**

Black: 6 miles as you feel

Grey (Boys & Kendall Returning from Cross Country)- 40 minutes easy

Purple: 15 min warmup/cooldown; 14 min tempo

Silver: 15 min warmup/cooldown; 12 min tempo

White: 12 min warmup/15 min cooldown; 10 min tempo

Tuesday, 11/29:

Black: 2 miles warmup/cooldown; 2 x 1.5 miles tempo, 1 mile easy

Grey- 45 minutes, including 10 x :20 striders, :40E

Purple: 50 minutes as you feel

Silver: 46 minutes as you feel

White: 42 minutes as you feel

Weightroom

Wednesday, 11/30:

Black: 6 miles as you feel

Grey 38 minutes as you feel

Purple: 15 minutes warmup/cooldown; 4 x 5:00H, 2:00E

Silver: 15 minutes warmup/cooldown; 3 x 5:00H, 2:00E

White: 12 minutes warmup/15 minutes cooldown; 4 x 3:00H, 1:30E

Thursday, 12/1:

Black: 7 miles as you feel

Purple & Grey: 42 minutes as you feel

Silver: 38 minutes as you feel

White: 35 minutes as you feel

Weightroom

Friday, 12/2:

Black: 15 min warmup/cooldown; (5:00H, 2:00E; 1:00H, 1:00E; 4:00H, 1:00E; 1:00H, 1:00E; 3:00H, 1:00E; 1:00H, 1:00E; 2:00H, 1:00E; 1:00H, 1:00E; 1:00H; :30E; :30H)

For those athletes racing on Saturday: 33 minutes as you feel, followed by 10 x 100m striders

For those athletes not racing on Saturday: 12 min warmup/15 min cooldown; 12 min tempo

Saturday, 12/3: **QUAD MEET @ EPISCOPAL HS vs. Herndon, Edison & Madison...bus leaves at 5:50 am!!!**

Black & Grey :45 minutes as you feel

FUNDRAISING BLITZ- 2-4pm for those who have not completed their fundraising obligations.

Sunday, 12/4:

Black: 42 minutes as you feel

Purple & Grey: 65 minutes as you feel

Silver: 60 minutes as you feel

White: 50 minutes as you feel

QUOTE OF THE WEEK:

***"I was pushed by myself because I have my own rule, and that is that every day I run faster, and try harder."* – Wilson Kipketer**