

WINTER TRACK DISTANCE WORKOUTS
Pre-Regional Weeks of February 6th-19th, 2012

Monday, 2/6:

Sean & Logan: 2 miles warmup/cool down, 2x 1.5 miles tempo, 1 mile easy

Girls: 15 min warmup/cool down, 5x4:00 tempo, 2:00R

Tuesday, 2/7:

Sean & Logan: 7 miles easy

Girls: 42 min easy

Weight room

Wednesday, 2/8:

Sean & Logan: 6 miles easy

Girls: 35 min easy

Thursday, 2/9:

Sean & Logan: 15 min warmup/cool down , 5 x1000m, 5 min blocks

Girls: 15 min warmup/cool down , 8x 300mH, 100m E

Friday, 2/10:

Sean & Logan: 7 miles easy; Girls: 42 min easy

Weight room

Saturday, 2/11

Sean & Logan: 2 miles warmup/cool down; 4x (2:00H, 1:00E; :90H, 1:00E; 1:00H, :30E; ;30H; :90E)

Girls: 15 min warmup/ cool down; 4x (2:00H, 1:00E; :90H, 1:00E; 1:00H, :30E; ;30H; :90E)

Sunday, 2/12:

Sean & Logan: 8 miles easy

Girls: 40 min easy

Monday, 2/13:

Sean & Logan: 2 miles warmup/cool down; 10 x 300mH, 100m E

Girls: 15 min warmup/ cool down, 10 x 200m, :90E

Tuesday, 2/14: Weight room

Sean & Logan: 6 miles easy; Girls: 38 min easy

Wednesday, 2/15:

Sean & Logan: 1.5 miles warmup/cool down; 10 min tempo, 5 minE, 6 x200m

Girls: 12 min warmup/ cool down; 8 min tempo, 5 min easy, 6x 200m

Thursday, 2/16: ***Pre-Regional Dinner @ Olive Garden- 5:30 pm***

All: 40 min as you feel

Weight room

Friday, 2/17:

33 min easy, followed by 10 x100m striders on track; Girls: Work on handoffs

Saturday, 2/18:

Northern Region Indoor Track Championships @ George Mason University....details are forthcoming.

Sunday, 2/19:

Sean & Logan: 7 miles easy

Girls: 40 min recovery run

QUOTE OF THE WEEK:

“Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character” - T. Alan Armstrong