

**WINTER TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Weeks of December 19<sup>th</sup> 2011-January, 2<sup>nd</sup>, 2012**

Monday, 12/19:

Black: 15 min warmup/cooldown; 5 x 1000m @ threshold pace; 2:00R

Purple: 15 min warmup/cooldown; 1600mH, 5:00E; 2 x 800mH, 2:00E; 3 x 400mH, :90E; 4 x 200mH, :60E

Silver: (incl former Grey) 15 wu/cd 1600mH, 5:00E; 2 x 800mH, 2:00E; 2 x 400mH, :90E; 2 x 200mH, :60E

White: 15 min warmup/cooldown ; 3 x 800mH, 2:00E ; 3 x 400mH, :90E; 2 x 200mH, :60E

Tuesday, 12/20: **Happy Hanukaah! (or the beginning thereof)**

Black & Purple: 45 minutes as you feel

Silver: 42 minutes as you feel

White: 38 minutes as you feel

Weightroom

Wednesday, 12/21:

Black: 15 min warmup/cooldown; 2 x 10:00 tempo run

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

Silver: 15 min warmup/cooldown; 2 x 7:00 tempo run

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

Thursday, 12/22:

Black: 50 minutes as you feel

Purple: 45 minutes as you feel

Silver: 42 minutes as you feel

White: 40 minutes as you feel

Weightroom

Friday, 12/23: **Meet @ CHS- 9:30 am**

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

Purple: 15 min warmup/cooldown; 4 x (3:00H, 1:00E; 2:00H, 1:00E; 1:00H, 1:00E)

Silver: 15 min warmup/cooldown; ; 4 x (3:00H, 1:00E; 2:00H, 1:00E; 1:00H, 1:00E); (only do 3 x 3:00H)

White: 15 min warmup/cooldown; 3 x (3:00H, 1:00E; 2:00H, 1:00E; 1:00H, 1:00E)

Saturday, 12/24:

Sean: 6 miles

Black: 65 minutes

Purple: 60 minutes

Silver: 55 minutes

White: 50 minutes

Sunday, 12/25: **MERRY CHRISTMAS TO ALL!!!!**

44 minutes as you feel (enjoy your holiday)

Sean: 7 miles

Monday, 12/26:

For those racing on Tuesday, 35 minutes, followed by 10 x 100m striders

For those not racing: 45 minutes as you feel

Sean: 8 miles as you feel

Tuesday, 12/27:

**Friends of Indoor Track Invitational @ PG County Sportsplex...details are forthcoming.**

Sean: 7 miles as you feel, including 10 x :20H, :40E striders

Purple: 15 min warmup/cooldown; 15 x 1:00H, 1:00E

Black & Silver: 15 min warmup/cooldown 13 x 1:00H, 1:00E

White: 15 min warmup/cooldown 10 x 1:00H, 1:00E

Wednesday, 12/28:

Sean: 2 miles warmup/cooldown; 10 x hill repeats (w/pushups @ top)

Black & Purple: 42 minutes as you feel

Silver: 40 minutes as you feel

White: 36 minutes as you feel

Thursday, 12/29: **Meet @ CHS- 9:30 am**

Sean: 6 miles as you feel

Black & Silver: 15 min warmup/cooldown; 3 x 5:00H, 2:00E (tempo)

Purple: 15 min warmup/cooldown; 2 x 8:00H, 4:00E (tempo)

White: 15 min warmup/cooldown; 3 x 4:00H, 2:00E (tempo)

Weightroom

Friday, 12/30:

Sean: 7 miles as you feel

Black & Silver: 42 minutes as you feel

Purple: 40 minutes as you feel

White: 35 minutes as you feel

Saturday, 12/31: **Meet @ CHS- 9:30 am**

Sean: 1.5 miles warmup/2 miles cooldown; 5 x 1000m threshold on track, 2:00R

Black & Silver: 15 min warmup/cooldown ; 2 x (5 x 400mH, 2:00R)

Purple: 15 min warmup/cooldown 3 x (4 x 400mH, 2:00R)

White: 15 min warmup/cooldown 2 x (4 x 400mH, 2:00R)

Sunday, 1/1/2012: **NEW YEARS DAY- Best Wishes for a Happy & Prosperous 2012!!!**

All Groups- 40 minutes easy (what a GREAT way to start a new year).

Monday, 1/2: **Meet @ CHS- 9:30 am**

Sean: 9 miles as you feel

Black & Purple: 60 minutes easy

Silver: 56 minutes easy

White: 52 minutes easy

Weightroom

**QUOTE OF THE WEEK:**

***"1. Stress improvement, not perfection (or winning). 2. Don't take yourself too seriously; laugh at yourself and have fun. 3. Set attainable goals; reach them and then set higher ones. 4. Be positive, walk tall, smile often, don't complain or procrastinate. 5. Prepare purposely, but don't overtrain. 6. Remember- Sports is a game and meant to be enjoyable." -Dick Gould, Stanford tennis***

Dear Chargers,

I would like to first of all congratulate you on your success in 2011, and specifically for the beginning of this season. You have chosen to commit yourself, your time and your talent, to represent yourself and your team in competition. You have chosen to challenge yourselves each day, and push yourself to reach new heights each time you toe the line. I am proud of each of you for how far you have come.

As we embark on our winter break, I do wish each of you a restful break, and a happy holiday. Spend time with your families, and enjoy all that which the holiday season has to offer. With that in mind, though, do not forget that we are at a crucial point in our season. When we return, in 2012, we will only have three weeks (of meets), until the regular season ends. As such, it is essential that you keep your training at a high priority. Do NOT sacrifice what you have gained thus far with needless days off. I understand that you may travel and schedules may make it difficult to train. With that being said, make sure to bring your running gear with you, and look for opportunities to run, not excuses why you couldn't get in your workout.

Dream big for 2012, my friends....and pay the price now, so that we can celebrate later. I have the utmost faith in all of you...I am looking forward to seeing what greatness lies ahead in the new year.

Dr. G