

**WINTER TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of November 14<sup>th</sup>-20<sup>th</sup>, 2011**

Monday, 11/14:

Black: 44 minutes as you feel  
Purple: 44 minutes as you feel  
Silver: 38 minutes as you feel  
White: 30 minutes as you feel

Tuesday, 11/15:

Black: 15 minutes warmup/cooldown; 5 x 1000m (5 minute blocks)  
Purple: 15 minutes warmup/cooldown; 10 minutes tempo run  
Silver: 12 minutes warmup/15 minutes cooldown; 7 minutes tempo run  
White: 26 minutes as you feel

Wednesday, 11/16:

Black: 50 minutes as you feel  
Purple: 42 minutes as you feel  
Silver: 36 minutes as you feel  
White: 30 minutes as you feel  
Weightroom

Thursday, 11/17:

Black: 35 minutes as you feel  
Purple: 12 minutes warmup/15 min cooldown; 10 x 1:00H (strider pace); 1:00E  
Silver: 12 minutes warmup/cooldown; 8 x 1:00H, 1:00E  
White: 12 minutes warmup/cooldown; 8 x :30H, :30E

Friday, 11/18:

Black: 15 min warmup/cooldown; 5:00H, 2:00E; 4:00H, 2:00E; 3:00H, :90E; 2:00H, 1:00E; 1:00H, :30H  
Purple: 46 minutes as you feel  
Silver: 40 minutes as you feel  
White: 33 minutes as you feel  
Weightroom

Saturday, 11/19: **Meet @ Lees Corner Elementary at 9 am**

Black:42 minutes as you feel  
Purple: 15 min warmup/cooldown; 10 x hill repeats (pushups at the top)  
Silver: 12 min warmup/15 min cooldown; 8 x hill repeats (pushups at the top)  
White: 12 min warmup/cooldown; 6 x hill repeats (pushups at the top)

Sunday, 11/20:

Black: 44 minutes as you feel  
Purple: 60 minutes as you feel  
Silver: 50 minutes as you feel  
White: 40 minutes as you feel

**QUOTE OF THE WEEK:**

***"Sweat plus sacrifice equals success." - Charlie Finley***