

Workout Until Nationals

Monday, Oct 30	Run ez for up to an hour or less
Tuesday, Oct 31	W/U, 200m to gauge pace, 2 x 10 minutes (800m on the track then tempo the rest in the field, 5 minutes jog recovery), then 1 x 5 minute (first 3.5 minutes or so in the field, final 400m fast on the track), c/d – maybe hit up a few houses on the way home for candy 800m pace (75s per 400m Brandon, 82s per 400m Kyle/Eric, 90 seconds per 400 for the girls)
Wed, Nov. 1	Ez run on your own
Thursday, Nov. 2	w/u, 200m to gauge pace, 1200m fast on the track (same paces as Tuesday), 3.5 min break, 12 minute tempo (15 mins for guys), 3.5 min break, 1200m on the track fast
Friday, Nov. 3	off or ez run on your own
Sat., Nov 4	w/u, variety of reps (all with 2 min rest), 200m to gauge pace, 800m on the track, 5 mins, 2 mins, 3 mins, 2 mins, 5 mins, 300 all out on the track
Sun, Nov 5	off or ez run on your own
Mon, Nov 6	45 minutes ez
Tuesday, Nov 7	w/u, fast lap of the res (girls do the Dam lap cutoff), then 10 hill sprints, c/d
Wed, Nov 8	Travel day
Thurs, Fri	Some ez running in Montreal
Sat	Race – kick ass – party and sleep in a ditch