

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>October 1</p> <p>15 min wmup/cldn</p> <p>-Black/Purple/Cobalt: 2 x 8:00 tempo, 4:00 E- Shift at 2:00, 4:00, 6:00, 7:00 & 7:30</p> <p>-Silver: 2 x 7:00 tempo, 4:00E- Shift at 2:00, 4:00, 6:00, 6:30</p> <p>-White: 2 x 6:00 tempo, 3:00E- Shift at 2:00, 4:00, 5:00, 5:30</p>	<p>2</p> <p>Black/Purple/Cobalt- 55 min Easy</p> <p>Silver- 50 min easy</p> <p>White- 46 min easy</p> <p>Weightroom</p>	<p>3</p> <p>For those racing: 35 min easy, followed by 10 x 100m striders</p> <p>Those not racing: 15 min wmup/cldn</p> <p>3 x (2:00H, 1:00E; 1:00H,1:00E; :30H, :90E)</p>	<p>4</p> <p>Dobson Double Duals @ Burke Lake</p> <p>Boys 4:45 pm/Girls- 5:15 pm</p> <p>Not Racing: Burke Lake Course, followed by 10 x 100m striders on last 150m</p>	<p>5</p> <p>35 minutes easy, followed by 10 x 100m striders</p>	<p>6</p> <p><u>Glory Days Grill Invitational @ Bull Run Park, Manassas</u></p> <p><u>Be at CHS @ 7:53 am</u></p>	<p>7 <u>Recovery</u></p>
<p>8</p> <p><u>Meet @ CHS at 3:00 pm</u></p> <p>Those Racing- 35-40 min Easy</p> <p>Those not Racing- 45- 50 min Easy</p> <p>Weightroom</p>	<p>9</p> <p>Concorde District Meet # 4 @ Lake Fairfax- Bus Leaves at 3:15 Boys 4:45 pm/Girls- 5:15 pm- Senior Night</p> <p>Those not racing- 40 min moderate</p>	<p>10</p> <p>Those who raced: 44 min recovery</p> <p>Those who didn't race: TRACK</p> <p>15 min wmup/cldn</p> <p>400m/800m/1200m/800m/400m</p> <p>Rest= 1:00R/400mH</p>	<p>11</p> <p>Those who raced Tues: 45 min, including 10 x :30H/:30 E</p> <p>Those who went hard Wed: 45 min easy</p>	<p>12</p> <p>35 minutes easy, followed by 10 x 100m striders</p>	<p>13</p> <p><u>Third Battle Invitational @ Millbrook HS, Winchester, VA</u></p> <p><u>Be at CHS at 5:45 am</u></p>	<p>14 <u>Recovery</u></p>
<p>15</p> <p>Hills @ Lees Corner Elementary</p> <p>15 min wmup/cooldown</p> <p>7 x Hill Circuits (w/pushups)</p>	<p>16</p> <p>Easy: 40-45 min</p> <p><u>Weightroom/Abs</u></p>	<p>17</p> <p><u>15 min wmup/cldn</u></p> <p><u>200m x2 /400m/800mx2/400m/200mx2</u></p> <p><u>(:30R/200mH)</u></p>	<p>18</p> <p>40 minutes easy</p> <p>Weightroom</p>	<p>19</p> <p>44 minutes as you feel</p>	<p>20</p> <p><u>Meet @ CHS-8:30 am</u></p> <p><u>15 min wmup/cldn</u></p> <p>4 x 500mH, 200m E</p> <p>4 x 300mH, 100mE</p>	<p>21 <u>Recovery</u></p>
<p>22</p> <p>15 min warmup/cooldown</p> <p>10 x :30H, :30 E</p>	<p>23</p> <p>Go to Burke Lake</p> <p>Run Course, 7x striders on last 150m</p>	<p>24</p> <p>35 min easy</p> <p>Guided Meditation</p>	<p>25</p> <p><u>Concorde District Championships @ Burke Lake</u></p> <p><u>Girls 1:00 pm</u></p> <p><u>Boys 1:30 pm</u></p>	<p>26</p> <p>45 min easy recovery</p>	<p>27</p> <p>Meet @ CHS- 8:30 am</p> <p>TBA (relays?, zipper run?)</p>	<p>28</p>
<p>29</p> <p>15 min wmup/cooldown</p> <p>:30H x 2, :60H, 2:00H x 2, :60H, :30H, :2</p> <p>1:00R for all intervals</p>	<p>30</p> <p>40 min easy</p> <p>Weightroom</p>	<p>31</p> <p>35 min easy</p> <p>Visualization</p>	<p>1</p> <p><u>Northern Region Championships @ Burke Lake</u></p> <p><u>Girls 3:30 pm</u></p> <p><u>Boys 4:00 pm</u></p>			