

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>18 10 am @ CHS</p> <p>Black/Red: 3 x 600mH, 2:00E; 4x400mH, :90E Purple/Yellow: 2 x 600mH, 2:00E; 4x400mH, :90E</p> <p>Those racing Tuesday, 35 min easy, followed by 10 x 100m striders</p>	<p>19 10 am @ CHS Chantilly Winter Extravaganza</p> <p>Those not racing: 6 miles/44 minutes easy</p>	<p>20 10 am @ CHS 15 min wmup/cldn</p> <p>Black/Red: 2 x (3:00H, :90E; 2:00H, 1:00E; 2x1:00H, 1:00E; 2x:30H,:30E) Purple/Yellow: 2 x (2x 2:00H, 1:00E; 2x1:00H, 1:00E; 2x:30H,:30E) White: 2 x (2x 2:00H,</p>	<p>21 10 am @ CHS</p> <p>Black: 7 miles easy Red/ Purple: 50 minutes easy Yellow/White: 46 minutes easy</p>	<p>22 <u>Easy</u></p> <p>Those racing Sat: 35 min/5 miles, followed by 10 x 100m striders</p> <p>Those not racing: 45 minutes easy</p>	<p>23 =PR= Holiday Invitational- Be at CHS 6:45 am 20 minutes cooldown</p> <p>Those not Racing: 15 min wmup/cldn</p> <p>7 x 2:00H, 1:00E</p>	<p>24 Easy 5-6 miles for all.</p>
<p>25 <u>Merry Christmas to ALL!!!</u></p> <p>All: 15 min wmup/cldn, 12 x :30H, :30E</p>	<p>26 10 am @ CHS Those racing Wed: 35 min easy, followed by 10 x 100m striders</p> <p>Non racers: 44 min easy Weightroom</p>	<p>27 Friends of Indoor Track Invitational- Be at CHS 6:45 am For those not racing: 15 min wmup/cldn 4 x (2:00H, 1:00E; 1:00H, 1:00E; :30H, :30E)</p>	<p>28 Easy</p> <p>Black: 6 miles easy Red/ Purple: 42 minutes easy Yellow/White: 40 minutes easy</p>	<p>29 10 am @ CHS</p> <p>Black: 8 miles easy Red/ Purple: 60 minutes easy Yellow/White: 50 minutes easy Weightroom</p>	<p>30 10 am @ CHS 15 min wmup/cldn Black/ Red/ Purple: 3 x 5:00 tempo, 2:00E Yellow/White: 3 x 4:00 tempo, 2:00E</p>	<p>31 Easy 5-7 miles for all.</p>

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 Jan 1, 2018- Happy New Year Best wishes for health & happiness in 2018 10 am @ CHS- Track 15 min wmup/cldwn Black: 3 x (4 x 400m, :90R) 4:00 between sets) descending Red/ Purple: 2 x (5 x 400m, :90E) Yellow/White: 3 x (3 x 400m, :90R)</p>	<p>2 <u>Moderate</u> 15 min wmup/cldn</p> <p>Black: 6 miles easy Red/ Purple: 42 minutes easy Yellow/White: 40 minutes easy Weightroom</p>	<p>3 <u>Easy</u></p> <p>Black: 5 miles easy Red/ Purple: 40 minutes easy Yellow/White: 36 minutes easy</p>	<p>4 <u>Tempo</u></p> <p>15 min wmup/cldn Black: 2 x 6:00 tempo, 3:00E Red/ Purple: 2 x 5:00 tempo, 2:00E Yellow/White: 2 x 4:30 tempo, 2:00E Weightroom</p>	<p>5 <u>Easy</u> All Groups: 35 min easy, 10 x 100m striders</p>	<p>6 <u>Chantilly, South County & TC Williams @ Episcopal HS- Meet @ CHS at 5:40 am</u></p>	<p>7 <u>Long/Recovery</u></p> <p>Black: 8 miles easy Red/ Purple: 50 minutes easy Yellow/White: 45 minutes easy</p>

<p>8 Moderate Black: 6 miles easy Red/ Purple: 42 minutes easy Yellow/White: 40 minutes easy Weightroom</p>	<p>9 Track 15 min wmup/cldn Black: 5 x 400m, :90E; 6 x 200m,1:00E Red/Purple: 4 x 400m, :90E; 6 x 200m,1:00E Yellow/White: 3 x 400m, :90E; 6 x 200m,1:00E</p>	<p>10 Easy Black: 7 miles easy Red/ Purple: 45 minutes easy Yellow/White: 42 minutes easy Weightroom</p>	<p>11 Those Racing Fri: 35 min easy, 10 x 100m striders Those not racing Fri 42 min</p>	<p>12 <u>Liberty Premier Invitational @ Liberty University- Day One</u> Those not racing: 15 min wmup/cldn, 12 x 1:00H, 1:00E</p>	<p>13 <u>Liberty Premier Invitational @ Liberty University- Day Two</u> Those not racing Fri 45 min</p>	<p>14 <u>Recovery</u> 4-5 miles- All Groups</p>
<p>15 Easy/Track Those who raced over weekend: 6 miles/44 minutes Those who didn't race: 15 min w/up/cldn 8 x 300mH, 100mE</p>	<p>16 Track/Easy Black: 10 x 300mH, 100mE Red/Purple: 8 x 300mH, 100mE Yellow/White: 44 min easy Weightroom</p>	<p>17 Easy/Tempo Black: 6 miles easy Red/Purple: 42 min easy Yellow/White: 15 min wmup/cldn, 7 x 2:00H, 1:00E</p>	<p>18 Meet/Easy Black/Red/Purple: 15 min wmup/cldn, 10 x 1:00H, 1:00E Yellow/White: 40 min easy Weightroom</p>	<p>19 All Groups: 35 min easy, 10 x 100m striders</p>	<p>20 <u>Chantilly, Lake Braddock & TC Williams @ Episcopal HS- Meet @ CHS at 5:40 am</u></p>	<p>21 <u>Recovery</u> 40 minute easy</p>
<p>22 Long/Tempo 15 min wmup/cldn 8:00 tempo, 3 min easy, followed by 8 x :30H, :30 E</p>	<p>23 Easy 6 miles/44 min easy Weightroom</p>	<p>24 Track 15 min wmup/cldn MICHAEL JORDAN WKOUT 6 x (300mH, 100mE; 200mH, 200mE)</p>	<p>25 Meet/Easy 40 minutes Weightroom</p>	<p>26 6 miles/44 min easy</p>	<p>27 Meet at CHS- 9 am 15 min wmup/cldn 3 x (2:00H, 1:00E; :90H, 1:00E; 1:00H, 1:00E; :30H, :90E)</p>	<p>28 Recovery 40 minute easy</p>
<p>29 Track 15 min wmup/cldn 10 x 200mH, :90E</p>	<p>30 Easy 6 miles/40 min easy</p>	<p>31 Easy/Tempo Those racing Friday: 35 minutes easy, followed by 10 x 100m striders</p>	<p>1 Meet/Easy <u>Concorde District Championships @ PG Sportsplex- Day One</u> Those racing Sat: 35 min easy, w/10 x 100m striders</p>	<p>2 <u>Concorde District Championships @ PG Sportsplex- Day Two</u></p>	<p>3 4-5 miles easy</p>	<p>4 Recovery 40 minute easy</p>