

**SPRING TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of April 6<sup>th</sup>-12<sup>th</sup>, 2015**

Monday, 4/6:

Black: 7 miles easy

MEBwalboT: 2 miles warmup/cooldown; 3 x 600mH, 2:00E; 4x400mH, :90E; 4x200mH; 1:00E

Purple: 15 min warmup/cooldown; 3 x 600mH, 2:00E; 4x400mH, :90E; 4x200mH; 1:00E

Lavender/Silver: 15 min warmup/cooldown; 2 x 600mH, 2:00E; 4x400mH, :90E; 4x200mH; 1:00E

White: 15 min warmup/cooldown; 2 x 600mH, 2:00E; 3 x 400mH, :90E; 4x200mH; 1:00E

Tuesday, 4/7:

Black: 2 miles warmup/cooldown; 6 x800mH, 2:00E

Those running Wednesday: 35 minutes easy, followed by 10 x 10m striders.

Those not running Wednesday: 44 minutes easy

Wednesday, 4/8:

**Meet @ Track at 2:30 pm**

**HOME MEET vs. Herndon & Westfield...starting at 5:00 pm**

Black: 7 miles as you feel

Those not racing: 15 minutes warmup/cooldown; 3 x 4:00m tempo, 2:00E

Thursday, 4/9:

Black: 6 miles easy, followed by 10 x 100m striders

MEBwalboT: 6 miles easy

Those who raced Wednesday: 44 minutes recovery

Those racing Friday: 38 minutes recovery

Friday, 4/10:

**=PR= NoVA Invitational @ Robinson SS...bus leaves @ 2:30 pm.**

For those not racing: 15 minutes warmup/cooldown; 6 x 2:00H, 1:00E

For those racing Saturday: 35 min easy, followed by 10 x 100m striders

Saturday, 4/11:

**=PR= NoVA Invitational @ Robinson SS...bus leaves @ 7:00 am.**

For those not racing: 44 minutes as you feel

Sunday, 4/12:

Black: 8 miles easy

MEBwalboT: 8 miles easy

Purple: 60 minutes easy

Lavender/Silver: 54 minutes easy

White: 48 minutes easy

**QUOTE OF THE WEEK:**

***"It's important to know that, at the end of the day, it's not the medals you remember. What remember is the process: what you learn about yourself by challenging yourself, the experience you share with other people, the honesty the training demands- those are things nobody can take away from you whether you finish twelfth or you're an Olympic champion."- Silken Laumann***