

**SPRING TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of March 23<sup>rd</sup>-29<sup>th</sup>, 2015**

Monday, 3/23: **Team Pictures- Meet @ 2:50 pm**

MEBwalboT: 7 miles as you feel

Purple: 48 minutes as you feel

Lavender: 46 minutes as you feel

Silver: 44 minutes as you feel

White: 38 minutes as you feel

Tuesday, 3/24:

MEBwalboT: 6 miles, followed by 10 x 100m striders

Purple & Lavender: 40 minutes easy, followed by 10 x 100m striders

Silver & White: 35 minutes easy, followed by 10 x 100m striders

Wednesday, 3/25:

Black: 6 miles as you feel

All Groups: **Purple, Black & White Meet- Day One (4x800m, 1600m, 400m), min wup/cldown)**

Thursday, 3/26:

Black: 6 miles as you feel

All Groups: **Purple, Black & White Meet- Day Two (800m, 3200m, 4x400m), including 15 min wup/cldown)**

Friday, 3/27: **(Rain Makeup Day for PBW Meet)**

Black: 7 miles as you feel

MEBwalboT: 6 miles easy recovery

Purple: 40 minutes easy

Lavender & Silver: 36 minutes easy

White: 33 minutes easy recovery

Saturday, 3/28: **Meet @ CHS at 9:30 am**

Black: 8 miles as you feel

MEBwalboT: 8 miles as you feel

Purple: 60 minutes as you feel

Lavender & Silver: 55 minutes as you feel

White: 48 minutes as you feel

Sunday, 3/29:

Black & MEBwalboT: 5 miles as you feel

Purple: 44 minutes easy

Lavender: 42 minutes easy

Silver: 40 minutes easy

White: 35 minutes easy

**QUOTE OF THE WEEK:**

*"People sometimes sneer at those who run every day, claiming they'll go to any length to live longer. But don't think that's the reason most people run. Most runners run not because they want to live longer, but because they want to live life to the fullest. If you're going to while away the years, it's far better to live them with clear goals and fully alive than in a fog, and I believe running helps you to do that. Exerting yourself to the fullest within your individual limits: that's the essence of running, and a metaphor for life — and for me, for writing as whole. I believe many runners would agree" — [Haruki Murakami, What I Talk About When I Talk About Running](#)*