

**SPRING TRACK DISTANCE WORKOUT SCHEDULE**  
**For the Week of March 30<sup>th</sup>-April 5<sup>th</sup>, 2015 (Spring Break)**

Monday, 3/30: **Meet at CHS- 10 am**

Black: 7 miles easy

MEBwalboT: 2 miles warmup/cooldown; 4 x 1600mH, 4:00R (descending)

Purple: 2 miles warmup/cooldown; 1 x 1600mH, 4:00E; 3 x 800mH, 2:00E; 4 x 400mH, :90E

Lavender: 15 min warmup/cooldown; 4 x 800mH, 2:00E; 4 x 400mH, :90E

Silver: 15 min warmup/cooldown; 1 x 1600mH, 4:00E; 2 x 800mH, 2:00E; 4 x 400mH, :90E

White: 15 min warmup/cooldown; 3 x 800mH, 2:00E; 4 x 400mH, :90E

Tuesday, 3/31:

Black: 2 miles warmup/cooldown; 8-10 x hill repeats; (pushups at the top)

MEBwalboT: 7 miles as you feel

Purple: 46 minutes as you feel

Lavender & Silver: 42 minutes as you feel

White: 40 minutes as you feel

Wednesday, 4/1: **Meet at CHS- 10 am**

Black: 7 miles as you feel

MEBwalboT: 2 miles warmup/cooldown; 2 x 2 miles tempo; 5:00E

Purple: 15 minutes warmup/cooldown; 2 x 10 min tempo; 5:00E

Lavender & Silver: 15 min warmup/cooldown; 2 x 8 min tempo, 4:00E

White: 15 min warmup/cooldown; 2 x 6 min tempo; 3:00E

Thursday, 4/2:

Black: 2 miles warmup/cooldown; 2 x 1.5 mile tempo, 4:00E

MEBwalboT: 6 miles as you feel

Purple: 44 minutes as you feel

Lavender/Silver: 40 minutes as you feel

White: 38 minutes as you feel

Friday, 4/3: **Meet at CHS- 10 am**

Black: 7 miles as you feel

MEBwalboT: 2 miles warmup; 4 x 800mH, 2:00E; 4 x 400mH, :90E

Purple: 15 min warmup/cooldown; 3 x 600mH, 200mE; 4 x 400mH; :90E; 4 x 200mH; 1:00E

Lavender/Silver: 15 min warmup/cooldown; 2 x 600mH, 200mE; 4 x 400mH; :90E; 4 x 200mH; 1:00E

White: 15 min warmup/cooldown; 2 x 600mH, 200mE; 3 x 400mH; :90E; 4 x 200mH; 1:00E

Saturday, 4/4:

Black: 2 miles warmup/cooldown; 5 x 1000mH, 3:00E (on track....descending)

MEBwalboT: 6 miles easy

Purple: 40 minutes easy

Lavender/Silver: 38 minutes easy

White: 35 minutes

Sunday, 4/5: HAPPY EASTER

Black & MEBwalboT: 5 miles easy

Everyone else: 35 minutes easy

Monday, 4/6: **Meet at CHS- 2:50 pm**

Black: 7 miles as you feel

MEBwalboT: 2 miles warmup/cooldown; 8 x 2:00H, 1:00E

Purple: 15 min warmup/cooldown; 8 x 2:00H, 1:00E

Lavender/Silver: 15 min warmup/cooldown; 7 x 2:00H, 1:00E

White: 15 min warmup/cooldown; 6 x 2:00H, 1:00E

QUOTE OF THE WEEK:

***"Make each day your masterpiece."- John Wooden***

*Chargers,*

*We start the competitive season in earnest next week.....this is the week to get stronger, fitter, faster and better prepared to race. Consider each day a challenge; an opportunity to get better than your opponents, and a chance to make our TEAM a stronger unit than all the others in the Northern Region. Do your part....regardless of whether you are in town, or travelling, you can still run. Look for opportunities, not excuses. You can either use this week to get ahead and prepare yourself, or you can take it off and set yourself back to the beginning of the season, thus wrecking your chances for reaching your goals. See each day as a chance to get better than the day before....and as a step closer to the glory we all aspire toward at the end of the season. I believe in you!*

*Dr. G*