

SPRING TRACK DISTANCE WORKOUT SCHEDULE
For the Week of March 9th-15th, 2015

Monday, 3/9:

Purple: 54 minutes as you feel

Silver: 47 minutes as you feel

White: 40 minutes as you feel

Abs

Tuesday, 3/10:

Purple: 44 minutes easy

Silver: 40 minutes easy

White: 35 minutes easy

Abs

Wednesday, 3/11:

MEBwalboT: 50 minutes as you feel

Purple: 15 minutes warmup/cooldown; 12 minutes tempo

Silver: 15 minutes warmup/cooldown; 8 minutes tempo

White: 15 minutes warmup/cooldown; 6 minutes tempo

Thursday, 3/12:

MEBwalboT: 45 minutes as you feel

Purple: 48 minutes as you feel

Silver: 44 minutes as you feel

White: 40 minutes as you feel

TRAVEL to NY for NB Indoor Nationals!

Friday, 3/13: **NB Indoor Nationals- Day One- Girls SMR!**

Purple & MEBwalboT: 42 minutes as you feel

Silver: 40 minutes as you feel

White: 36 minutes as you feel

Abs

Saturday, 3/14: **NB Indoor Nationals- Day Two- Boys SMR; Titus Jeffries- 400m Dash!**

Captains Practice @ Lee's Corner Elementary- 9:30 am

MEBwalboT: 2 mile warmup/cooldown; 8 x hill repeats (w/pushups)

Purple: 15 minutes warmup/cooldown; 11 x hill repeats

Silver: 15 minutes warmup/cooldown; 9 x hill repeats

White: 15 minutes warmup/cooldown; 7 x hill repeats

Sunday, 3/15: **NB Indoor Nationals- Day Three- Brandon McGorty- 800m Run!**

Purple & MEBwalboT: 60 minutes as you feel

Silver: 54 minutes as you feel

White: 48 minutes as you feel

Quote of the Week:

"The real purpose of running isn't to win a race, it's to test the limits of the human heart." Bill Bowerman