TUESDAY NIGHT WORK-OUTS

OCTOBER 7, 2008 - JANUARY 27, 2009

Start and finish each workout with at least a one mile warm-up/warm-down jog. Also, do 4 x 100m striders at the end of each workout. Remember to stretch and strengthen.

Oct

7 2-4 miles of 200m/200m recovery (continuous - taking the total time) + 4 x 100m S
2-5 x 2000m (alternating 400m's - 1st, 3rd, & 5th 400m @just under 5K pace/2nd & 4th 400m @1st 400m pace + 20 sec per 400m) + 4 x 100m S

14 1-2 x 2 miles or 2-4 x 1 mile or 2-4 miles of [250m @sub 5K pace/150m] – Total Time + 4 x 100m S
2 x [2-5 x 1000m @5K/400m jog]/5-7 min between sets + 4 x 100m S

21 2-Person 5 Mile Relay + 4 x 100m S

28 2-5 x [1600m of 100m @3-5K/100m]/5-7 minutes recovery + 4 x 100m S
2-5 mile Up-Tempo [first half slightly slower than 10K pace with negative second half] + 4 x 100m S

Nov

4 1-2 x (3-6 x 600m - 1st 200m @5K + float the middle 200m + last 200m @5K/200m) + 4 x 100m S
3-6 x 4 min CD (Each one faster starting at 10K)/2-4 min jog + 4 x 100m S

11 2-5 x [5 x 400m @5K/100m] + 4 x 100m S

18 2 x [3-8 x 500m @sub 5K/300m] + 4 x 100m S
400m + 800m @5K + 1200m @5K + 1600m @10K + 1600m @10K + 1200m + 800m + 400m/1/2 distance recovery - faster on the way down + 4 x 100m S

25 Off

Dec

2 2-4 x [400m/200m jog/200m/200m jog/400m/200m jog/200m with 400m @5K & 200m @sub 5K]/400m jog + 4 x 100m S
2-6 x 1600m @10k-15K/90-120 sec + 4 x 100m S

9 1-2 x (3-6 x 400m - 1st 200m @5K + last 200m @sub 5K/200m-400m) + 4 x 100m S
2 x [2-5 x 1000m @5K/400m] + 4 x 100m S

16 4-8 x (500m @5K/100m jog/200m @Mile) (Do 1st rep controlled.) + 4 x 100m S
800m @5K + 1-2 x 1200m @10K + 800 @5K + 1-2 x 1200m @10K + 800m @5K/400m slow jog recovery + 4 x 100m S

23 Off

30 Off

Jan

6 2-4 x 1 mile of 200m/200m recovery (continuous - taking the total time) + 4 x 100m S
2 x [3-8 x 600m @5K/200m] - Straight pace + 4 x 100m S

13 3-5 x [4 x 300m @sub 5K/100m jog]/5 min + 4 x 100m S
3-10 x [600m @5K + 100m Jog + 300m @sub 5K/400m recovery] + 4 x 100m S

20 2-5 x [4 x 400m @sub 5K/200m] + 4 x 100m S
(1600m/800m + 1200m/600m)@10K + (1000m/400m + 800m/400m)@5K + 600m/400m@sub 5K + (400m/200m + 200m)@Mile + 4x100m S

27 2-4 x [400m/200m jog/300m/200m jog/200m/200m jog/100m with 400m @5K & getting faster] + 4 x 100m S
3-8 x 1200m (800m @10K + 400m @5K)/equal time recovery + 4 x 100m S

CD – Cut-Down – each gets faster
S – Strider – fast, relaxed 50-100m runs – perfect form, not forced or struggling, upper body relaxed

During January and February, there may be days when a University team will be practicing and we can't use the indoor facility. My recommendation is to come prepared to run inside or outside, as sometimes we cannot tell until the last minute if the indoor track will be available.