

Monday Workout

Total Mileage 5 to 7 miles

3:45 pm Weight Room Active WU

4:00 pm Jog to Track

1 Lap on Track go straight into Tempo Lap

Group Tempo - Progressive Pace

4:23 pm 1st set

Group	# of Laps	1st 3rd	2nd 3rd	3rd 3rd	Total Time
1:40 Group	10 Laps	4 @ 1:36	3 @ 1:31	3 @ 1:26	15:15
1:50 group	9 Laps	3 @ 1:46	3 @ 1:41	3 @ 1:36	15:09
2:00 Group	8 Laps	3 @ 1:56	3 @ 1:51	2 @ 1:46	14:53
2:10 Group	7 Laps	3 @ 2:06	2 @ 2:01	2 @ 1:56	14:12
2:20 Group	7 Laps	3 @ 2:16	2 @ 2:11	2 @ 2:06	15:22

4:39 pm 5 min Recovery walk/Jog

4:44pm 2nd set

Group	# of Laps	1st 3rd	2nd 3rd	3rd 3rd	Total Time
1:40 Group	4 Laps	2 @ 1:31	1 @ 1:26	1 @ 1:24	5:52
1:50 group	4 Laps	2 @ 1:41	1 @ 1:36	1 @ 1:34	6:32
2:00 Group	3 Laps	1 @ 1:51	1 @ 1:46	1 @ 1:44	5:21
2:10 Group	3 Laps	1 @ 2:01	1 @ 1:56	1 @ 1:54	5:51
2:20 Group	3 Laps	1 @ 2:16	1 @ 2:11	1 @ 2:08	6:35

4:51 pm 5 min Recovery walk/Jog

4:56 pm 3rd set

Group	400's	200's
1:40 Group	2 @ 73-75 sec	4 @ 35ish
1:50 group	2 @ 78-80 sec	4 @ 37ish
2:00 Group	2 @ 83-88 sec	3 @ 40ish
2:10 Group	2 @ 88-90 sec	2 @ 42ish
2:20 Group	2 @ 93-98 sec	2 @ 45ish

5:15 pm 10 min Cool Down

5:30 pm Myrtl Stretching

5:40 pm Dismissal

Mileage	Total Miles	Total Laps	WU	1st set	2nd set	4's	2's	CD
1:40 Group	7.25	29	5	10	4	2	4	4
1:50 group	7	28	5	9	4	2	4	4
2:00 Group	6	24	5	8	3	2	3	3
2:10 Group	5.75	23	5	8	3	2	2	3
2:20 Group	5.5	22	5	7	3	2	2	3

Total Cumulative Tempo Time

1:40 Group	21:07
1:50 group	21:41
2:00 Group	20:14
2:10 Group	20:03
2:20 Group	21:57