

2019 Outdoor Track Session 1			
6:00 Announcements			
17-Apr	8-10 x 400	(200 rest)	5k pace or faster (I-pace, 85-95%MHR)
April 20 th = Sleepy Hollow Mountain Race			
24-Apr	3-sets of:		5k pace or faster (I-pace, 85-95%MHR)
	2-Minute	(1-Min rest)	
	2-Minute	(1-Min rest)	
	4-Minute	(2-Min rest)	
1-May			
	6 x 800	(400 rest)	5k pace (I-pace, 85-95%MHR)
May 5 th = Pack Monadnock Mountain Series *Tentative Date			
8-May	3-4 x 1600	(200 rest)	10k pace (T-pace, 75-85%MHR)
15-May			
	3-Minutes	(1:30 rest)	5k pace (I-pace, 85-95%MHR)
	3-Minutes	(1:30 rest)	
	5-Minutes	(2:30 rest)	
	3-Minutes	(1:30 rest)	
	3-Minutes	(1:30 rest)	
May 18th Westfield 5k NEGP			
May 19 th Gate City Half Marathon NHGP			
22-May	6 - 8 x 600	(400 rest)	Mile pace (R-pace, 95-100%MHR)
May 25 th = Wachusett Mountain Series			
29-May	1600	(800 rest)	5k pace (I-pace, 85-95%MHR)
	1200	(400 rest)	
	800	(400 rest)	
	800	(400 rest)	
	400	(200 rest)	
	200		
June 2 nd = Cranmore Mountain Race Mountain Series			
5-Jun	Russian Ladder x 3-4		Great for Finishing Kick
	400	(200 rest)	faster than 5k pace (R-pace, 95-100%MHR)
	300	(150 rest)	
	200	(100 rest)	
	100	(400 rest)	
June 8 th = Ascutney Foot Race Mountain Series *Tentative Date			
June 9 th WRT Alliance Windham 5k NHGP			
12-Jun	4-5 repeats of: 4x200	(200 rest)	Mile pace or faster (R-pace, 95-100%MHR)
19-Jun			
	6-8 reps of:		faster than 5k pace (R-pace, 95-100%MHR)
	36 seconds hard		
	1:36 easy		

	on the whistle.		

June 22 nd Capital City Classic 10k Concord NHGP			
26-Jun	Mystery Time Run	Mystery Rest	aka Karen's Delight (I-pace, 85-95%MHR)
July 3, 17, 24	Alternate workouts TBD ***Possible Guest Speakers/Runners***		
July 10 th Ultimate Runne	Ultimate Challenge.		
July 7 th Loon Mountain Race			
July 10 th Ultimate Runner Night			