

2019 Outdoor Track Session 2			
6:00 Announcements			
31-Jul	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)	
7-Aug	5 x 1000	(400 rest)	5k pace or faster
August 10 <sup>th</sup> Bridge of Flowers 8k Shelburne Falls MA NEGP			
14-Aug	3-4 x 1600	(200 rest)	10k pace (T-pace, 75-85%MHR)
August 17 <sup>th</sup> Boot Scootin' Boogie 5k Londonderry NHGP			
21-Aug	4x5:00 at 5k pace	(4:00 rest)	(I-pace, 85-95%MHR)
August 24 <sup>th</sup> NH 10 Miler Auburn NEGP			
28-Aug	6:00 Hard	(3:00 rest)	(T-pace, 75-85%MHR)
	5:00 Hard	(2:30 rest)	(I-pace, 85-95%MHR)
	4:00 Hard	(2:00 rest)	(I-pace, 85-95%MHR)
	3:00 Hard	(1:30 rest)	(I-pace, 85-95%MHR)
	2:00 Hard	(1:00 rest)	(I-pace, 85-95%MHR)
	1:00 Hard	(Cooldown)	(R-pace, 95-100%MHR)
September 1 <sup>st</sup> = Mt. Greylock Road Race Mountain Series			
4-Sep	10-12 x 400	(200 rest)	5k pace or faster (R-pace, 95-100%MHR)
11-Sep	6 - 8 x 600	(400 rest)	Mile pace (R-pace, 95-100%MHR)
18-Sep	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)	
September 22 <sup>nd</sup> Granite State 10 Miler Concord NHGP			
September 22 <sup>nd</sup> Lone Gull 10k Gloucester MA NEGP			
25-Sep	Hill Workout (Trails)		
	Alternate Track Workout: X 4-5		(R-pace, 95-100%MHR)
	:45 Seconds	(:15 rest)	
	1:30-Minutes	(:30 rest)	
	2:30-Minutes	(1:00 rest)	
September 28 <sup>th</sup> Waterville Valley			
2-Oct	4 repeats of: 4x200	(200 rest)	Mile pace or faster (R-pace, 95-100%MHR)
9-Oct	2X6 reps of:		
	36 seconds hard		(R-pace, 95-100%MHR)

	1:36 easy on the whistle.		
16-Oct	Indian Runs	4x4:00	Leader sets pace
	aka Passing Drills	(2:00 rest)	
October 20 <sup>th</sup>	ChaD HERO Half Marathon	Hanover NHGP	
October 27 <sup>th</sup>	Cape Cod Marathon	NEGP	
23-Oct	Candlelight Relay		