

2022 Outdoor Speed Session 2			
All workouts should begin with a warm-up of at least 15-minutes.			
And finished with a cool-down of at least 10-minutes.			
27-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)	
3-Aug	5-sets of:		
	6-Minutes	(2-Min rest)	5k pace or faster
August 6th Sandown 5-Miler NHGP			
10-Aug	3 sets of:		
	8-Minutes	(2-Min rest)	10k pace (T-pace, 75-85%MHR)
August 14th Bobby Doyle 5 Mile Narragansett RI USATF NEGP			
17-Aug	4-sets of:		(I-pace, 85-95%MHR)
	5-Minutes	(2:30 rest)	
24-Aug	6-Minutes	(3:00 rest)	(T-pace, 75-85%MHR)
	5-Minutes	(2:30 rest)	(T-pace, 85-95%MHR)
	4-Minutes	(2:00 rest)	(T-pace, 85-95%MHR)
	3-Minutes	(1:30 rest)	(I-pace, 85-95%MHR)
	2-Minutes	(1:00 rest)	(I-pace, 85-95%MHR)
	1-Minutes	(Cooldown)	(R-pace, 95-100%MHR)
August 27th Allen Mello NH 10 Miler Auburn NH USATF NEGP			
	10 sets of:		
31-Aug	2-Minutes	(1:00 rest)	5k pace or faster (R-pace, 95-100%MHR)
September 4th = Mt. Greylock Road Race USATF Mountain Series			
7-Sep	6-8 sets of:		
	3-Minutes	(1:30 rest)	Mile pace (R-pace, 95-100%MHR)
14-Sep	Russian Ladder x 3-4		Great for Finishing Kick
	2-Minutes	(1-Min rest)	faster than 5k pace (R-pace, 95-100%MHR)
	1-1/2-Minute	(45-sec. rest)	
	1-Minute	(30-sec. rest)	
	30-Seconds	(2-Min rest)	
21-Sep	3-sets of:		
	1-Minute	(30-sec. rest)	(R-pace, 95-100%MHR)
	2-Minutes	(1-Min rest)	
	3-Minutes	(1:30 rest)	
September 25th Lone Gull 10k Gloucester MA USATF NEGP			

September 25th Waterville Valley Mountain Race USATF Mountain Series			
28-Sep	4-sets of:		
	4X-1-Minute	(30-sec. rest)	Mile pace or faster (R-pace, 95-100%MHR)
	1-Minute Rest	Between Sets	
5-Oct	6-8 reps of:		
	36 seconds hard		(R-pace, 95-100%MHR)
	1:36 easy		
12-Oct	an Runs aka Passing Drills	4x4:00	Leader sets pace
		(2:00 rest)	
October 15 th Cranmore Mountain Race USATF Mountain Series			
19-Oct	Mystery Time Run	Mystery Rest	aka Karen's Delight (I-pace, 85-95%MHR)
October 23rd Delta Dental Half Marathon Concord NH NHGP			
26-Oct	Candlelight Relay		
November 13 th BIGGSteps 5k Needham MA USATF NEGP			
November 20 th Novemberfest Nashua			
December 4 th Mill Cities Relay!			