



Thursday Night Workouts

Thursday night workouts are organized by the ORRC and are held at the Cleveland High Track. The workouts are open to all runners and walkers and you do not need to be a club member to participate. All abilities are welcome! We have fast runners, slow runners, fast walkers, slow walkers, fast talkers, incoherent talkers, old, young, etc. Clearly you must fit into one of those categories!

Current Workouts:

As a result of an interest in the renovation of the Cleveland High Track, ORRC is using the lighted track for year-round training. Entrance to the track is on S.E. 33rd Avenue, just north of Powell Boulevard. Workouts begin at 6 p.m., so arrive at 5:45 p.m. so you have time to warm up.

Warm-Up & Cool Down

All runners/walkers should warm-up before working out. 15-20 minutes of easy jogging or walking. Repeat runners include 100 meter strides. Don't forget a light stretch after warm-up and cool down and stretch after your workout for 10-20 minutes. Always rehydrate afterwards.

Caution:

Bring your own fluids to the workout. Water source is turned off during most of the winter months. Repeat sessions are designed for experienced runners. As a guide - you should not be doing repeat training if your weekly mileage is less than 20 miles per week and no more than 10% of your weekly mileage should be composed of repeat sessions. Be sure to take a rest day or a very easy run day after any speed workouts. All participants should be medically able and properly trained before participating in any physical exercise.

Repeat Recovery:

To keep the workouts simple, recoveries will generally be one half the distance of the stated repeat. For example, if the repeat is 800m, recovery will be 400m. Recoveries between sets (indicated by () , will be 400m regardless of last repeat. No recoveries less than 200 meters.

Note: The **Cleveland High track** is 400 meters around lane 1 (and lanes are 42 inches wide). To run a mile, run around 4 times, and run another 9.2 meters. But if you run or walk in lane 4, then you only need to run/walk 67.6 meters (74 yards) less than 4 laps!

For real precise conversion information, visit www.philsport.com/narf/atrack.htm,

<u>Thursday</u>	<u>Repeat Sessions</u>	<u>Steady State& Walking</u>	<u>Notes</u>
Mar. 19	3x400, 1x1 mile, 3x400	<u>Middle lanes</u>	Pizza after workout – “Ugly Running T-Shirt Contest”
Mar. 26	800,800,400,400—800,400,400	Middle lanes	
Apr. 2	1 mile, 1200, 800, 400	Middle lanes	Apr 4 ORRC Vernonia Half Marathon
Apr. 9	16 x 200 (4 sets)	Middle lanes	
Apr. 16	5 x 800	Middle lanes	Pizza after workout
Apr. 23	1x1200, 2x800, 3x400	Middle lanes	
Apr. 30	10x400	Middle lanes	May 2 ORRC Hagg Lake Runs-10.4 miles/10K
May 7	2x400, 12x200	Middle lanes	Only two miles of speed tonight!
May 14	3x400, 1x1 mile, 3x400	Middle lanes	
May 21	5 sets of (1x400, 2x200)	Middle lanes	Pizza after workout May 25 ORRC Up The Lazy River 10K
May 28	3x400, 1x1 mile, 3x400	Middle Lanes	
Jun. 4	4x200,2x400,1x800,2x400,4x200	Middle lanes	
Jun. 11	5 x 800	Middle lanes	
Jun. 18	Summer Solstice Sundowner	ORRC Run	5k Run / Walk/ Kids Run Clackamas Community College
Jun. 25	(800,800,400,400)(800,400,400)	Middle lanes	Pizza after workout Wear your ugliest Straw Hat
Jul. 2	10 x 400	Middle lanes	July 4 ORRC Fourth of July Run/Walk 5K/10K
Jul. 9	1 mile, 1200, 800, 400	Middle lanes	
Jul. 16	5 sets of (1x400, 2x200)	Middle lanes	Pizza after workout.
Jul. 23	1200, 800,400,800,400,400	Middle lanes	July 25 ORRC Pacific Crest Trail Ultra 50M
Jul.30	16 x 200 (4 sets of 4)	Middle lanes	Only two miles of speed tonight!
Aug.6	1/1200, 2x800, 3x400	Middle lanes	Aug. 5 ORRC Dual Duel Tentatively at Cleveland
Aug 13	3x400, 1x1 mile, 3x400	Middle lanes	Aug. 8 ORRC Garlic Festival 10K
Aug. 20	2x400, 12x200	Middle lanes	Pizza after workout