

Tuesday Night Training Schedule for Spring/Summer 2010
(March 16-October 19, 2010) Cedar Hills Recreation Center-
11640 SW Park Way, Beaverton, 97005

Warm-up and Cool Down

Get to the Cedar Hills Recreation Center- (Corner of Cedar Hills Blvd. and Park Way: Back parking lot) a bit early to stretch and drink some fluids. We start at 6:00. Everyone does a 1.5-mile warm up together before we split up into steady state and interval groups. After the workout, you should cool down and stretch a bit and drink some more fluids. This will help prevent lactic acid build up in the muscles so they don't get sore.

Caution

Bring your own fluids if you want to drink during your run. There is water at the beginning and end. 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.

Repeats and Recovery

To keep the workouts simple, recoveries will generally be 200-400 meters between intervals depending on how long the interval is. Most of our repeat sessions consist of 2.5 miles of speed plus your recovery. You can always adjust your workout accordingly if you want to do more or less speed.

Steady State Runs/Walks

For those who just want to run or walk a designated distance, we have a 4.5 mile, 6.3 mile and 7.3 mile route. The 1.5-mile warm-up is included in these routes. These routes have written directions but enough people have run these that you shouldn't need them. If you want to go a shorter distance, we can make adjustments for you.

Interval Schedule

March 16	9x400 (get acquainted with our "road marks")	July 20	1x1200, 2x800, 3x400
March 23	1x1200, 2x800, 3x400	July 27	2x800, 1x400 (2 sets)
March 30	5x800	Aug. 3	Mile, 3x800 (Pizza Night)
April 6	Mile, 1200, 800, 400(Pizza Night)	Aug. 10	9x400
April 13	1x1200, 2x800, 3x400	Aug. 17	1x1200, 3x800, 1x400
April 20	2x800, 6x400	Aug. 24	2x800, 6x400
April 27	4x800, 2x400	Aug. 31	5x800 (Pizza Night)
May 4	1200, 800, 400, 800, 800(Pizza Night)	Sept. 7	Mile, 1200, 800, 400
May 11	1x800, 3x400 (2 sets)	Sept. 14	2x800, 1x400 (2 sets)
May 18	1x1200, 2x800, 3x400	Sept. 21	4x800, 2x400
May 25	2x800, 1x400 (2 sets)	Sept. 28	1200,800,400,800,800
June 1	Mile, 800, 400, 800, 400(Pizza Night)	Oct. 5	1x800, 3x400 (2 sets)(Pizza)
June 8	5X800	Oct. 12	Mile, 3X800
June 15	1x1200, 3x800, 1x400	Oct. 19	Safety Run-wear any safety gear that you have (lights, reflective vests, etc.)
June 22	9x400		
June 29	Mile, 2x800, 2x400		
July 6	1x800, 3x400 (2 sets) (Pizza Night)		
July 13	4x800, 2x400		