

ORRC
Winter 2011-12

Tuesday Night Workouts

Background:

Tuesday night workouts are organized by the ORRC and are held at the Cedar Hills Recreation Center in the Spring and Summer months and the Catlin Gabel School in the late Fall and Winter months. 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:

Starting Oct. 25 we will be working out at the Catlin Gabel School track which is on the west side of Portland at 8825 SW Barnes Road. Park in the parking lot on the east side of the school (bear right when entering driveway off Barnes Road). Catlin Gabel is located next door to St. Vincent's Hospital on Barnes Road. The track is located next to the athletics fields below the school. Workouts begin at 6pm and end at 7pm. Suggested arrival time is 5:45pm for warm-up. The ORRC has a contract with Catlin Gabel to open this track for public use and pays a fee for use of the lights. You won't find a better location to keep in shape this winter under the safety of the lights. These workouts are held in all conditions - rain, snow, sleet, etc. Training options include steady state running/walking at your own pace around the track (outside lanes please) and track repeat sessions. Repeat sessions are geared for variety to make it fun and include approximately 2 ½ miles of speed. Each workout is unique. You can also choose to do your own workout.

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.

Tuesday **Repeat Sessions** **Steady State& Walking** **Notes**

25-Oct	2x400, 12x200	Middle lanes	
1-Nov	Grass workouts - will vary		At Catlin Gabel Meet below the track on grass if there is a soccer game. Pizza after workout
8-Nov	3x400, 1x1 mile, 3x400	Middle lanes	Possible Grass workout-Playoffs start and they might have a home game.
15-Nov	(800,800,400,400)(800,400,400)	Middle lanes	
22-Nov	4x200,2x400,1x800,2x400,4x200	Middle lanes	
29-Nov	5 x 800	Middle lanes	
6-Dec	10x400	Middle lanes	Pizza after workout
13-Dec	2x400, 12x200	Middle lanes	Only two miles of speed tonight!
20-Dec	3x400, 1x1 mile, 3x400	Middle lanes	Check Message Board to make sure we can get the lights. No lights- no workout
27-Dec.	(800,800,400,400)(800,400,400)	Middle lanes	Check Message Board to make sure we can get the lights. No lights- no workout
3-Jan	New Year 5k time trial event*	Middle lanes	5k Guess your time event. Prizes for top 3 closest. Pizza after workout
10-Jan	5 x 800	Middle lanes	
17-Jan	4x200,2x400,1x800,2x400,4x200	Middle lanes	
24-Jan	800,400,800 (2 sets)	Middle lanes	
31-Jan.	10 x 400	Middle lanes	
7-Feb	1 mile, 1200, 800, 400	Middle lanes	Pizza after workout. Name Game!
14-Feb	5 sets of (1x400, 2x200)	Middle lanes	
21-Feb	1200, 800,400,800,400,400	Middle lanes	
28-Feb	16 x 200 (4 sets of 4)	Middle lanes	Only two miles of speed tonight.
6-Mar	1x1200, 2x800, 3x400	Middle lanes	Tentative Last Workout before we hit the roads! Pizza after workout-"Ugly Shirt Contest"